

# Connecticut Guardian

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## Holiday joy as Soldiers' return makes season bright

STAFF SGT. CAROLYN A. ASELTON  
103<sup>RD</sup> FIGHTER WING PUBLIC AFFAIRS NCOIC

ARMY AVIATION SUPPORT FACILITY, Windsor Locks – For 21 years, Karen Somes has watched her five children head off to boot camp, advanced training and even war, but not one time was this mother at a welcome home ceremony because she was always “watching the children” — until now.

As the nearly 50 Soldiers of the 208<sup>th</sup> Personnel Service Detachment of Niantic returned here Dec. 6 from a year of active duty in Southwest Asia in support of Operation Iraqi Freedom, Somes let the reality of reuniting with her son, Staff Sgt. Andrew Laibrandt, of Lebanon, sink in.

“When I heard he was coming home, and that he had a flight scheduled, all I could do was cry, and I cried, and I cried, and I’ll cry now,” she said.

“It’s amazing. It’s hard to put into words.”

While in Kuwait, members of the 208<sup>th</sup> provided support in managing combat-essential personnel information and direct military personnel support to strength managers and commanders, said Lt. Col. John Whitford, state military spokesman.

Laibrandt told his mother that he took the opportunity to deploy because he wanted to support his fellow soldiers.

“He wanted to be there for the rest of them and help them do what they were called to do, also. I’m just so proud,” she said.

Somes, from Pomfret, joined hundreds of other family

members and friends in the hangar here on this cold winter night waiting just a few more hours for their Connecticut National Guardsmen to return. Along with smiles and anticipation, they filled the facility with

yellow, red, white, and blue balloons, American flags, and welcome home signs.

While he was deployed, Somes said she kept in touch with her son through emails and phone calls, and that the hardest part had been the lack of physical contact with him.

“Knowing when they need a hug and you can’t give them a hug, that’s what I’m waiting for now, just to get my hands around him,” she said as she sat with her family waiting for Laibrandt’s plane to touch down.

The Soldiers arrived from Kuwait at Ft. Benning, Ga, five days earlier to demobilize before heading north. They flew to Connecticut on two separate flights.

Gov. M. Jodi Rell and Maj. Gen. Thaddeus J. Martin,

Connecticut’s Adjutant General, greeted the Soldiers as they stepped off the bus from the airport.

“They have done an outstanding job as Connecticut continues to play an integral role in the Global War on Terror,” he said.

Somes, who works for the Connecticut National Guard’s Family Support Program, said she would give her son space to get settled and acclimated to life in the states again and would then make plans to celebrate.

“We’ll all get together at a nice restaurant and go have a good time,” she said. “That’s what we do.”



*Spc. Michelle Deveau, 208th Personnel Service Detachment, hugs her brother, Jim, after arriving home Dec. 6 from a year of active duty in Kuwait in support of Operation Iraqi Freedom. While deployed, the Guardsmen provided support in managing combat-essential personnel information and provided direct military personnel support to strength managers and commanders. (Photo by Staff Sgt. Carolyn A. Aselton, 103rd Fighter Wing)*

## Guard, Reserve Benefit from 2006 Defense Authorization

DONNA MILES  
AMERICAN FORCES PRESS SERVICE

WASHINGTON, Jan. 9, 2006 – The 2006 National Defense Authorization Act signed into law Jan. 6 provides new or enhanced benefits in addition to a 3.1 percent pay raise for National Guard and Reserve members, a senior defense official said.

President Bush signed the legislation Jan. 6, providing a variety of benefits designed to bring reserve-component compensation more on par with what the active component receives, Chuck Witschonke, DoD’s deputy director for compensation, said during an interview with the American Forces Press Service and the Pentagon Channel on a range of issues related to the act.

The package provides other benefits that affect all forces, both active and reserve, including better overall compensation and improved quality of life, while promoting overall recruiting and retention, he said.

The law also provides a variety of benefits specifically targeting members of the reserve components. These include:

a.. Full housing allowance payments for reserve members called to active duty for more than 30 days, versus the previous 140-day requirement;

b.. Income replacement benefits to help offset the pay loss some reservists and guardsmen experience when called to active duty, based on specific guidelines to be established within the next six months;

c.. Accession and affiliation bonuses of up to \$20,000 for enlistment in the Selected Reserve, and an increase for officers for service in the Selected Reserve, from \$6,000 to \$10,000;

d.. A bonus of up to \$100,000 for members with a designated critical skill or who volunteer to serve in a designated high-priority unit; and

e.. Extension of eligibility for a prior-service enlistment bonus to include Selected Reserve members who previously received one.

Witschonke emphasized the new law does not guarantee that all servicemembers will qualify for these pays and benefits, or that those who do will receive the highest amounts authorized. Rather, he said, the law gives defense and service leaders the flexibility they need to tailor the force to meet operational, recruiting and retention goals.

One big change in the new law is a provision that shortens the duty time before a reserve-component member qualifies for the full housing allowance. Reserve and Guard members called to active duty for more than 30 days will now get the full allowance, just as active-component troops do, Witschonke said.

Another benefit, the critical-skills retention bonus, will be “a very good tool” in helping keep members with important experience and training in the force and in maintaining readiness in high-priority units, Witschonke said.

These enhancements in reserve-component pay and benefits are particularly critical during the global war on terror, when members of the Guard and Reserve are playing a major role in U. S. national defense, Witschonke said.

More information about pay and benefits is posted on the DoD’s military compensation Web site.



# Connecticut Guardian

## EFFECTIVE 1 JANUARY 2006

NOTE-BASIC PAY FOR 07-010 IS LIMITED TO \$414.44  
LEVEL III OF THE EXECUTIVE SCHEDULE  
NOTE-BASIC PAY FOR 06 AND BELOW IS LIMITED TO \$365.00  
LEVEL V OF THE EXECUTIVE SCHEDULE

USD(PERSONNEL AND READINESS)

## EFFECTIVE 1 JANUARY 2006

NOTE--BASIC PAY FOR O7-O10 IS LIMITED TO \$1657.76  
LEVEL III OF THE EXECUTIVE SCHEDULE  
NOTE--BASIC PAY FOR O6 AND BELOW IS LIMITED TO \$1460.00  
LEVEL V OF THE EXECUTIVE SCHEDULE

USD(PERSONNEL AND READINESS)

OFFICIAL

### Second Company Governors Foot Guard

Circulation: 9,000

# Two chiefs, one boss

## Couple makes CTANG history

STAFF SGT. CAROLYN A. ASELTON  
103<sup>rd</sup> FIGHTER WING PUBLIC AFFAIRS NCOIC

BRADLEY AIR NATIONAL GUARD BASE, East Granby — With rank comes privilege, right?

At least at work it does for the 103<sup>rd</sup> Fighter Wing's newest chief master sergeant, Tim Shaw, the security forces superintendent, who pinned on his new rank during a promotion ceremony here Nov. 20.

His family joined him, including his wife, Chief Master Sgt. Kris Shaw, the military personnel manager for the Connecticut Air National Guard.

"I'm still the boss," Kris said with a laugh before the ceremony.

It is the first time Connecticut has seen two chief master sergeants married to each other, though the Shaws said they had not thought about that until approached for this story.

"The girls think it's neater than we do," Kris said of Tim's daughters Samantha and Nicole, who were also at the ceremony.

Also at the ceremony were many security policemen who work for Tim.

"I feel like he has already been a chief as

he has been the nerve center of the 103<sup>rd</sup> Security Forces Squadron," said Staff Sgt. Jessica Roy, security police craftsman.

"I am proud and not at all surprised that he reached this level."

The Shaws, who live in West Hartford, have 16 stripes and more than 40 years of military service between them, with Tim serving 10 and Kris 16 in the Connecticut Air National Guard. Both served on active duty before joining the Guard.

Tim said his new rank puts him in a position to accept more responsibility and to change things. His wife of five years said they share the same philosophy.

"Sometimes it's always better to not be liked for who you are than to compromise yourself just to be liked," she said.

"I think that sometimes that means you have to make some tough decisions and sacrifices."

One of those sacrifices is being separated due to deployments, though "now that we're old, no one really wants us anymore to deploy," Kris humored.

They did agree that being a dual-military family was tough.

"Going home and leaving work at work and not talking about the military (is a challenge.)



Chief Master Sgt. Tim Shaw, Security Forces Superintendent, 103rd Security Forces Squadron, addresses members of the 103rd Fighter Wing in attendance at his promotion ceremony Nov. 20. He is the second Airman to make chief in his family; the first was his wife, Kris Shaw, Military Personnel Manager, Connecticut Air National Guard, standing with flowers behind him. (Photo by Staff Sgt. Carolyn A. Aselton, 103rd Fighter Wing)

It's tough," said Tim. "That's the hardest thing for me because you want to hear about their day, but you don't want to hear about their day."

Kris said she tries to keep her personal life personal, but it is difficult when people want

to talk to her about what her husband's done wrong.

"It can't happen that often," Tim said.

"Yes, because I know how perfect you are," Kris said.

But who's the boss?

## Wynne: more integrated operations in Air Force's future

1ST LT. ELIZABETH CULBERTSON  
U.S. AIR FORCES IN EUROPE PUBLIC AFFAIRS

RAMSTEIN AIR BASE, Germany (AFP) — The secretary of the Air Force said the service is headed toward more integrated operations.

Secretary of the Air Force Michael W. Wynne stopped at this airlift base Dec. 23 after trips to bases in Southwest Asia and Germany. He said the importance of force integration, new weapons platforms and Air Force people.

"We used to talk about the future total force. I think we need to stop that. The total force is now," he said.

Wynne said he noticed during his trip that units of active duty, Guard and Reserve Airmen were fully integrated to complete the mission — whether at Balad Air Base in Iraq or at Landstuhl Regional Medical Center, Germany.

"It is an amalgamated force that we're fighting with today," he said. "It was hard to tell who was a reservist, who was an active and who was a National Guardsman."

The total force concept aims to tap into the inherent strength and experience of all three Air Force components to increase overall combat capability.

The secretary said Airmen have only to look to the new F-22A Raptor unit to see the service's recognition of the importance of total force.

"It is truly an historic event that we are standing up our finest weapons system, the F-22A, in an associate Guard and active wing. This is where the Air Force is going ... and it's going there in a hurry," he said.

Wynne said the announcement that the F-22A achieved initial operational capability is

**"We used to talk about the future total force. I think we need to stop that. The total force is now."**

**Secretary of the Air Force  
Michael W. Wynne**

the "end of a quest" lasting more than 20 years.

"This is a capstone moment, when we finally achieve stealth, speed and precision in one platform," he said.

The secretary also mentioned the next fighter platform, the Joint Strike Fighter.

"I want to make sure that (the F-22A) is available to our country until we get another fifth generation fighter — the Joint Strike Fighter — operationally ready," he said.

Wynne said no matter what platform it uses, the Air Force's greatest strength remains its

Airmen.

"(The Air Force) has developed incredibly capable, innovative and, I would say, inquisitive Airmen," he said.

Wynne described Air Force maintainers in Iraq recruited to up-armor vehicles. Now, he said, the manufacturer sends these Airmen prototypes to evaluate.

"The innovations that the Airmen bring are our single greatest accomplishment," he said.

Airmen are also functioning in an increasingly joint environment, the secretary said. They operate with the Navy, Army and Marine Corps in Operation Iraqi Freedom and Operation Enduring Freedom.

"This war is about a joint fight, more than anything else we have seen. It is a remarkable synergy. What Airmen bring to a joint fight is the unique capability and capacity to innovate and understand airpower," he said.

Wynne said in the coming year he hopes to see Airmen embrace the new Air Force mission statement and become more proficient at delivering sovereign options for America through air, space and cyberspace.

"What I want is to make sure that the Airmen are very knowledgeable and that they are accountable at the end of the day to do what they say and say what they do," he said. "Master that—become knowledgeable, provide your great innovative and creative ideas on behalf of the joint force and the joint fight, and America will be better off for it, and I think the world will be better off for it."



*Thank you,  
Families, for  
all that you  
do and all  
that you  
sacrifice.*

*We are  
indebted to  
you.*





# Looking Back: 2005 - a year of answering the call at home and abroad



The 1st and 2nd Companies Governor's Horse Guard represented Connecticut at the Presidential Inauguration in January. (Guardian file photo)



Gov. M. Jodi Rell signed several key pieces of legislation into law that will benefit Connecticut Guardsmen, their families and veterans. Among them, a \$50 a month combat zone bonus, indemnity protection and coverage under the state Worker's Compensation Plan while serving on State Active Duty. Also notable is the exemption of 50% of military retired pay from the state income tax beginning in 2008. (Guardian file photo)

## Deployments

### OIF

208th Personnel Services  
Detachment  
Co G, 126th Aviation  
Det 6, OSACOM

### Katrina

QRF - Army and Air  
14th Civil Support Team  
143rd and 134th Military Police  
Companies  
1048th Truck Company

### Homecomings

118th Medical Company  
Charlie Company, 102nd Infantry  
143rd Area Support Group  
Companies B & D, 189th Aviation  
141st Medical Company  
208th Personnel Services  
Detachment



Under Secretary of Defense for Acquisition, Technology and Logistics Michael Wynne makes a statement in the Pentagon briefing room about the Base Realignment and Closure recommendations that were announced by Defense Secretary Donald Rumsfeld on May 13, 2005. The BRAC recommendations, if adopted would close 33 major bases and realign 29 more. (Defense Dept. photo by U.S. Air Force Staff Sgt. D. Myles Cullen)

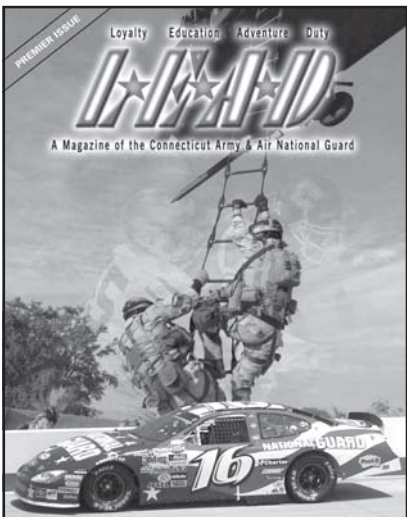




Standing sentry in the Nutmeg State saw Connecticut Army and Air Guardsmen working side-by-side during times of heightened security. (Guardian file photo)

## New Construction

Both the Firehouse at Stones' Ranch and the new building at the Orange Air National Guard Station were opened for business. (Guardian file photos)



LEAD, a new magazine aimed at recruiting debuted as did a cable television show, "Our Connecticut Guard." Both were created to help spread the good news stories about the Connecticut National Guard. (Guardian file photo)



The 14th Civil Support Team underwent validation training and exercise in June. The team received outstanding scores towards its certification. (Guardian file photo)



Staff Sgt. Kersten E. Witt, crew chief, 103rd Aircraft Generation Squadron, Connecticut Air National Guard renders a salute to Maj. Jose D. Torres, pilot, 118th Fighter Squadron, before he takes off in an A-10 here May 2. (Air Force photo by Airman 1st Class James Dickens)



Members of the 82nd Airborne hit the ground running at Camp Rell during TOPOFF 3, the largest mock disaster exercise to be attempted in the country at the time. (Guardian file photo)

## Changes in Leadership

Brig. Gen. I.J. Zembrzuski Retires

Maj. Gen. William A. Cugno retires

Maj. Gen Thaddeus J. Martin appointed  
Adjutant General

Brig. Gen. (CT) Walter Lippincott  
appointed Assistant Adjutant General



# Letters Home



Members of Co. G, 126th Avn share their holiday spirit on Christmas Eve in Iraq. (Photos courtesy Sgt. 1st Class Barbara Pepin, G/126th Avn)



## Soldiers re-enlist while deployed



Master Sgt. Daniel Appleyard



Staff Sgt. Mark Tripp



Sgt. Steven Mays



Sgt. Ricardo Valle



Staff Sgt. Karlene Pratt

Six Connecticut National Guard Soldiers from Co. G, 126th Avn. re-enlisted while on deployment in Iraq. They were joined by eight Soldiers from Puerto Rico, Maine and Alaska that are assigned to the Regiment. Eleven more Soldiers from the Connecticut contingent are either eligible or soon will be, to re-enlist. According to Company G's first sergeant, Mark O'Donnell, six of those Soldiers are strongly considering re-enlistment. (Photos courtesy 1st Sgt. Mark O'Donnell, G/126th Avn.)



Spc. Benjamin Wells



# CHFA announces extension of eligibilty to Connecticut Guardsmen

SGT. 1ST CLASS DEBBI NEWTON  
STATE PANCO

The Connecticut Housing Finance Authority (CHFA), in conjunction with the Connecticut Military Community Council, developed the CHFA Military Homeownership Program offered to military personnel serving Connecticut and the nation during a time of national crisis. The program began in 2001. Since that time, CHFA has provided 93 mortgages totaling \$15 million in funding.

CHFA recently revised its Military Homeownership Program to include military that are not full-time, but may be called to active duty such as the National Guard or Reserve.

"We felt it was an important enough program to extend it to anybody to allow more servicemembers the opportunity to own their own homes, whether they are full-time or part-time," said Rose Holbrook, CHFA Communication Officer.

With the military program, there are specific income limits said Holbrook. The program feature income limits of \$77,100 for a one-to-two person household and \$88,665 for three

or more in a household. The interest rate for the Military Homeownership Program is currently 5.125%, which is 1/8% lower than the CHFA Statewide Home Buyer Program rate of 5.25%. In addition, homebuyers are eligible for downpayment and closing cost assistance loans.

How the program works is this: a servicemember wants to buy a house. He or she goes to one of the 80 participating lenders in Connecticut and, preferably gets pre-approved. If a servicemember is eligible, they should look into obtaining a VA certificate stating they are in good standing. With that certificate, they can go back to the lender with a 100% insurance from VA that the loan will be repaid.

Also, with a VA certificate in good standing, CHFA waves the 3% downpayment required for the homeownership loan.

The CHFA-funded mortgage is for 30 years.

Downpayment (if needed) and closing cost assistance is also available through CHFA in the form of a second mortgage, said Holbrook.

"Another benefit of using the CHFA program is that we offer free homebuyer

education classes throughout the state," said Holbrook. "If you are going to be receiving the downpayment assistance, there is a mandatory three hour class. Unless you complete the eight hour homebuyer education class."

The classes cover topics such as budgeting, shopping for the items needed to furnish the new home and what to look for when looking at homes. Upon completion, the prospective homebuyer is given a certificate that is good for one year.

"It's kind of like one-stop shopping for a home, mortgage and advice," said Holbrook. "We also offer free credit and financial counseling and loss mitigation programs. If you are not able to make a payment, we have programs to help. Our goal is helping everyone achieve the dream of homeownership."

"It's a three-prong entity," said Holbrook of CHFA. "We'll help you through pre-sale, mortgages and we'll help you keep your home once you are in it."

Generally, it will take from four - to - six weeks from application to closing working with CHFA Holbrook said.

All mortgages are for 30 years and whatever

the interest rate is at signing (currently 5.125%) remains in place for the life of the loan. Financing may be obtained for first-time homebuyers for one- to -four family homes. Some second-time homebuyers may also be eligible for the CHFA loans. It is best to contact your lender to find out if your are eligible, as well as to find your pre-approval amount and eligibility for the VA Home Loan Program.

(See accompanying article on increase in the VA program)



## Higher limits extended in VA Home Loan Program

VA PRESS RELEASE

America's veterans and their families now have a greater chance to make their dreams of home ownership a reality, thanks to an increase in the Department of Veterans Affairs (VA) home loan guaranty limit.

Effective Jan. 1, changes in the loan guaranty limits mean veterans are able to get no-down payment loans up to \$417,000. The previous ceiling was \$359,650.

"For more than 60 years, VA has assisted our veterans to become home owners," said the Honorable R. James Nicholson, Secretary of Veterans Affairs. "This increase is another example of our commitment to ensure VA benefits keep pace with the needs of our veterans in today's housing market."

The Veterans Benefits Improvement Act of 2004 tied increases in the VA guaranty to increases in the Federal Home Loan Mortgage Corporation's conforming loan limit. When this limit increases, VA guaranty limits also go up, allowing VA to keep pace with rising home values.

VA-guaranteed home loans are made by banks and mortgage companies to veterans, service members and reservists. With VA guaranteeing a portion of the loan, veterans can receive a competitive interest rate without making a down payment, making it easier to buy a home.

More information about VA home loan benefits is available on the Web at <http://www.homeloans.va.gov> or by calling 1-800-827-1000.



(Computer Illustration by Pfc. Tammy M. Foular, Public Affairs Office)

# 143<sup>rd</sup> ASG celebrates being home for holidays

Pvt. Kristin A. Aldo  
65<sup>th</sup> PCH

The 143<sup>rd</sup> Area Support Group was officially welcomed home at a family dinner held at the Aqua Turf in Plantsville, Saturday, Dec. 3.

The unit returned home from Iraq in October, allowing the unit's family members and the Connecticut National Guard Family Program to plan this special event, helping celebrate the holiday season in a manner much different from last year.

Though the main focus was on the 143<sup>rd</sup>, the commander made it clear that the dinner wasn't a time to be too serious and uptight.

"It was a long year for our families, a lot longer and harder than it was for us," said Col. Thomas Stefanko, commander of the 143<sup>rd</sup>.

"This isn't the day for long speeches" said Stefanko, "it's a time to relax and spend time with our families."

The vibe of the dinner was just that. Spouses, children, other family members, and friends all had smiles on their faces as they raised their glasses in a toast.

"A toast to the Soldiers and their families for staying mission focused both home and in Iraq," said Charlene Christensen, wife of Capt. Timothy Christensen, in tears as she raised her glass.

Unlike last year, when the troops spent the holiday together overseas, this year they have been allowed the opportunity to be home for this holiday season. With this in mind, unit members made big plans.

"Last year we spent the holiday together as a unit overseas," said Sgt. Karen Reilly, a member of the 143<sup>rd</sup>.

"We became really close," said Reilly, as pictures from the unit's time overseas were displayed on a screen in the front of the room, "(last year) we made microwave dinners and played board games."

Like other Soldiers this year, an excited Reilly is spending the holiday enjoying a home cooked meal with her family.

"We didn't have much time to spend with our families prior to

deployment," said Stefanko, "so it was hard on all of us, especially them."

"I served 27 years in the military and the hardest job I had was being the spouse of a deployed soldier," said Pam Townsend, wife of Master Sgt. Louie Townsend.

"I'm so thankful that he's home safe," said Townsend.

After the dinner, families sat and enjoyed a live performance of a Soldier-inspired song 'Baby Come Back Home' by country singer Carly Goodwin who has also sung with Willie Nelson.

Goodwin had performed for servicemembers nationwide, and plans on going overseas to perform within the next month. As her way of thanking the members of the 143<sup>rd</sup>, Goodwin performed for free.

Servicemembers weren't the only ones being honored. Awards were also presented to family members, and local companies in thanks for their support to the 143<sup>rd</sup>.

While expressing how she felt about her husband's return, Sandy Stefanko, wife of the unit commander could have been speaking on behalf of all unit members saying that she's grateful that he is home and she doesn't have to worry about him anymore.

*Joshua C. Johnson, 65 PCH*

*Joshua C. Johnson, 65 PCH*



Charlene Christensen, wife of Capt. Timothy Christensen toasts to the soldiers of the 143<sup>rd</sup> Area Support Group and their families at the 143 Area Support Group family dinner event at the Aqua Turf in Southington Dec. 3. (Photo by Pfc. Joshua C. Johnson, 65 PCH)



Carly Goodwin performs at the 143<sup>rd</sup> Area Support Group family dinner. (Photo by Pfc.

Joshua C. Johnson, 65 PCH)



Josh Kear performs at the 143<sup>rd</sup> Area Support Group family dinner. (Photo by Pfc.

Joshua C. Johnson, 65 PCH)



Staff Sgt. Lewis Texidor eats with his family at the 143<sup>rd</sup> Area Support Group family dinner at the Aqua Turf in Southington Dec. 3. (Photo by Pfc. Joshua C. Johnson, 65 PCH)



# Lippincott receives state star

*Wlater E. Lippincott receives his state rank of brigadier general from his wife, Andrea, adn Maj. Gen Thad Martin, adjutant general during ceremonies held in the Hartford Armory Atrium. Lippincott is the Assistant Adjutant General for the Connecticut National Guard. (Photo by Sgt. 1st Class Debbi Newton, State PA NCO)*



# First Veterans Hall of Fame inductees honored



*The first ten inductees to the Connecticut Veterans Hall of Fame were honored during ceremonies held in the Hall of Flags at the state capitol in November. Seated in the front from the left are: Nathan Agostinelli, William Coffey Sr. (both retired Connecticut National Guard members), Randal Collins and Lt.Col. Carl Ey, (accepting the posthumous honor for his father, Bruce Ey). Seated in the back row from the left are: Norman VanCor, Ernest Plantz, James S. Peters II, Giaomo "Jack" Mordente III and Joseph Lombardo. (Photo by Sgt. 1st Class Debbi Newton, State PA NCO)*



# Application procedures for the new Combat Action Badge

## CTARNG PERSONNEL OFFICE RELEASE

The Army announced the new Combat Action Badge (CAB) this past summer. This award recognizes those Soldiers who "personally engaged, or were engaged by the enemy." Eligibility requirements include:

- Soldier must be performing assigned duties in an area where hostile fire pay or imminent danger pay is authorized
- Soldier must be personally present and actively engaged or being engaged by the enemy, and performing satisfactorily in accordance with the prescribed Rules of Engagement
- Soldier must not be assigned/ attached to a unit that would qualify the Soldier for the Combat Infantryman Badge or the Combat Medical Badge
- Attacks by mortars, rockets, rocket-propelled grenades, improvised explosive devices and suicide bombers qualify for the badge
- Soldier must have been deployed after

18 September 2001 in support of the Global War on Terrorism

- Only one CAB is authorized per qualifying period. Currently there is only one qualifying period (18 September 2001 to a date to be determined)

Procedures for applying for the CAB for current CTARNG Soldiers already outside of the theater of operations:

- Submit a completed Checklist for Retroactive Award of the Combat Action Badge (available from your Readiness NCO)
- Fill out a DA Form 4187 through current chain of command to the Adjutant General, ATTN: CTSP-PA (For an example see your Readiness NCO)
- A copy of your deployment orders
- An updated DA Form 2-1
- Chain of Command endorsements from your current Chain of Command
- One page narrative description of qualifying incident
- Any other applicable supporting documentation (i.e. official unit report,

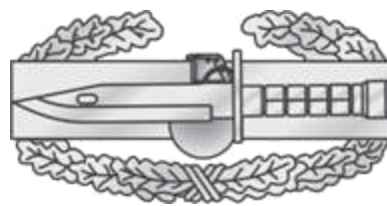
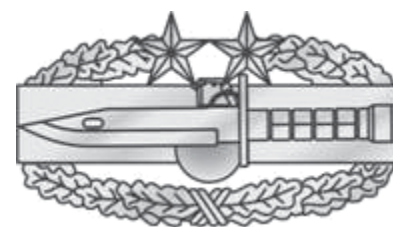
eyewitness statements, purple heart orders, combat award citations/narratives)

Once the completed package is received it will be endorsed by the adjutant general and forwarded to the Chief, National Guard Bureau, who is the approving authority for the CAB.

Soldiers currently in theater must apply through their wartime Chain of Command.

All retirees, veterans, and Next of Kin must apply for award of the CAB to Commander, U.S. Army Human Resources Command, ATTN: AHRC-PDO-PA, 200 Stovall Street, Alexandria, VA 22332.

For more information on how to apply or if you may qualify contact your Unit Readiness NCO.



## CTNG Combat Zone Payment Application

### CTARNG PERSONNEL OFFICE RELEASE

On July 1, 2005, the Connecticut General Assembly authorized Combat Zone Payments, in accordance with Chapter 54, Section 14 of the Connecticut General Statutes. Payments are in the amount of fifty dollars for each month or major part thereof of active service by such eligible member or veteran on or after Sept. 11, 2001. The maximum payment to any eligible member or veteran shall not exceed five hundred dollars.

Eligible member or veteran is defined as a member or former member of the Connecticut National Guard. To be eligible for the Combat Zone Payment, the following conditions must be met:

- a. Is or was called to active service on or after Sept. 11, 2001.
- b. Is or was in such service for at least ninety consecutive days.
- c. During such service, is or was deployed to an area designated as a combat zone by the President of the United States.
- d. If discharged, is or was honorably discharged or discharged for injuries sustained in the line of duty.

The following interim procedure will be used for the submission of individual Combat Zone Payment Applications:

- a. Eligible members or veterans may apply for payment of the combat-zone stipend using the enclosed Connecticut Military Department combat zone payment application CTMD 5-1.

- b. A copy of the eligible member's or veteran's Certificate of Release or Discharge from Active Duty (Department of Defense Form 214) or a copy of the military and travel orders must be submitted with the completed payment application.

- c. Applications for payment may be hand delivered or mailed to the Joint Forces Headquarters-CT, ATTN: J1, National Guard Armory, 360 Broad Street, Hartford, CT 06105-3795.

Connecticut National Guard members who have completed a combat zone payment application as part of Soldier Readiness Processing (SRP) upon unit demobilization are not required to complete an individual application for that mobilization period.

Applications for payment must be submitted within three years of the cessation of the qualifying active service period. No payments will be made to any eligible member or veteran if the application is later than three years after the date of the cessation of the active service in which the member or veteran served.

"History does not entrust the care of freedom to the weak or the timid."

President Dwight D. Eisenhower  
Inaugural Address, 20 January 1953



Defense  
BILLBOARD 140

Approved for Release by NSA on 09-11-2013 pursuant to E.O. 13526



# Air Force releases new mission statement

SECRETARY OF THE AIR FORCE, OFFICE OF PUBLIC AFFAIRS PRESS RELEASE

SAN ANTONIO (AFPN) - Air Force leaders released a new mission statement Dec. 7 that defines the current and future direction of the Air Force.

"Today, our world is fast paced, constantly shifting and filled with a wide range of challenges," Secretary of the Air Force Michael W. Wynne and Air Force Chief of Staff Gen. T. Michael Moseley wrote in a joint Letter to Airmen. "Our mission is our guiding compass, and it must be clearer than ever before."

The mission statement defines the "where and what" the Air Force accomplishes on a daily basis:

The mission of the United States Air Force is to deliver sovereign options for the defense of the United States of America and its global interests — to fly and fight in Air, Space, and Cyberspace.

The statement includes two new concepts, "sovereign options" and "cyberspace," which the secretary and chief defined.

They said having sovereign options is the essence of being a superpower.

"Our task is to provide the National Command Authority and the combatant commanders with an array of options ... options that are not limited by the tyranny of distance, the urgency of time, or the

strength of our enemy's defenses," they said. "With one hand the Air Force can deliver humanitarian assistance to the farthest reaches of the globe, while with the other hand we can destroy a target anywhere in the world."

The term cyberspace includes network security, data transmission and the sharing of information.

"We have quite a few of our Airmen dedicated to cyberspace ... from security awareness, making sure the networks can't be penetrated, as well as figuring out countermeasures," Secretary Wynne said. "The Air Force is a natural leader in the cyber world and we thought it would be best to recognize that talent."

Adversaries of the United States will use any method or venue necessary to contest America, and it is an Airman's calling to dominate air, space and cyberspace, the leaders said.

"If we can decisively and consistently dominate our assigned commons, then we will deter countless conflicts," they said. "If our enemies are foolish and underestimate our resolve, then we will fly, fight, and destroy them."

Using past air power pioneers as examples of understanding the mission, they said, "Our new mission statement has evolved over time, but it does not change the nature of who we are or what we do."

## Recently Retired?

Consider coming back to the Connecticut National Guard.

Call your former unit for more information.

## Gainey shares leadership insights with Senior NCOs

TECH. SGT. SEAN P. HOULIHAN, USAF  
SPECIAL TO AMERICAN FORCES PRESS SERVICE

HICKAM AIR FORCE BASE, Hawaii, Dec. 17, 2005 – Responsibility, authority, accountability and assistance are the four things all servicemembers are looking for in their leaders, the senior enlisted advisor to the chairman of the Joint Chiefs of Staff said here Dec. 16.

"Regardless of service, each one of us is looking for these four items out of our leaders," Army Command Sgt. Maj. William "Joe" Gainey told senior noncommissioned officers from across Headquarters Air Force Pacific Command.

"And as leaders you must ensure that that each of you does that," Gainey said. "You owe it to them"

Senior NCOs have a responsibility to coach and mentor junior servicemembers as they

develop their own leadership skills, he said. "You will throw them a rope and assist them up the hill. They will fall, and when they do, you must tug on the rope to stand them back up," he said.

"Once they have arrived on the top of the hill, dust them off, shake their hand and, as a leader, you will head down the other side of the hill," Gainey continued. "Why? Because, as a leader, your work is done and the futures of our services are in capable hands."

The sergeant major explained how he works with senior enlisted advisors to the services and the combatant commands as the "eyes and ears" of Marine Corps Gen. Peter Pace, the top U. S. military officer.

While working to strengthen these NCO relationships, Gainey said he also focuses on improving the Joint Staff; Joint Enlisted

Professional Military Education, safety throughout the force and quality of life for servicemembers and their families.

To help him accomplish these goals, Gainey travels to combatant commands to meet enlisted members and officers and learn firsthand about their priorities and concerns. To date, he has visited four combatant command headquarters.

"When I am out traveling, being an 'integrator,' seeing things that one service is doing that could be good for the others," he said. "I will bring that back to the five service senior enlisted advisors to see how we can incorporate it across the board."

Gainey told the group that he knows the importance of the military service family and has strong military ties throughout his family.

His son, Army 1st Lt. Ryan J. Gainey, is stationed at Fort Lewis, Wash., and served in Iraq. His stepfather, who he said he considers his father, is a former Marine, and a nephew is an Air Force captain at Tinker Air Force Base, Okla. In addition, a cousin who served in the Navy is a Medal of Honor recipient. Gainey jokingly vowed to have a niece or nephew join the Coast Guard before he leaves office.

During the Pacific visit, Gainey received mission briefings on Pacific Air Force and the George C. Kenney Warfighting Headquarters and met with airmen at the Pacific Air Operations Center Combat Operations Division.

Army Command Sgt. Maj. William J. Gainey, senior enlisted advisor to the Chairman of the Joint Chiefs of Staff, listens to sailors aboard the USS Honolulu, Dec. 16. (Photo by Tech. Sgt. Sean P. Houlihan, USAF)



Army Command Sgt. Maj. William J. Gainey, senior enlisted advisor to the Chairman of the Joint Chiefs of Staff, addresses senior Air Force NCOs at Pacific Air Force headquarters, Dec. 16. (Photo by Tech. Sgt. Sean P. Houlihan, USAF)

Earlier in the day, Gainey spent time with sailors assigned to the Pacific Fleet. He toured USS Lake Erie and USS Honolulu and shared lunch with crewmembers of the Honolulu, a Los Angeles class fast-attack submarine.

Gainey was in Hawaii for the first U. S. Pacific Command Senior Enlisted Leader conference, Dec. 14 and 15, where he addressed the leaders. More than 100 senior NCOs filling enlisted leadership positions across the command attended.

(Air Force Tech. Sgt. Sean P. Houlihan is assigned to the Chairman of the Joint Chiefs of Staff Public Affairs Office.)





# Around the Guard



CW 2 James MMclain of Co B, 1st Battalion, 189th Avn. goes through his pre-flight checklist in the cockpit of his aircraft while deployed to Iraq. Mclain's unit returned to Connecticut the night before Thanksgiving. (Photo courtesy 1st Lt. Patrick Miller, Co. B, 1st Battalion, 189th Avn.)



Members of the Connecticut National Guard traveled to Montevideo, UY to visit with the Uruguayan Air Force. While there, the CTNG delegation had the opportunity to witness the capabilities of the Uruguayan military working dogs, as they sniffed for explosives from various bags, simulating an airport search. The unit started its working dogs program in 1952, it uses pure breed German Shepherds. (Photo by: Uruguayan Air Force)



Maj. Gen. Thad Martin, adjutant general of teh Connecticut National Guard, looks over donations to Operation E.L.F. made by the Crowley Auto Group. A Crowley employee explains how the items were collected. (Photo by Sgt. 1st Class Debbi Newton, State PA NCO)



# Connecticut Military Department News

## Foot Guard Band's 14<sup>th</sup> bandmaster announced

SGT. MARK BOUDREAU  
1<sup>st</sup> Co., GFG

HARTFORD, CT November 28, 2005: Maj. Dennis Conroy, Commandant of the First Company Governor's Foot Guard, has appointed Anne Tortora to the rank of captain and designated her bandmaster of the First Company Governor's Foot Guard Band succeeding the retiring Capt. Laura O'Connell of West Simsbury.

Tortora is the 14<sup>th</sup> bandmaster in Foot Guard history and the second woman to hold that position.

She is a resident of Uncasville, Conn. where she lives with her husband, Michael, her sons Jeffrey and Daniel and her numerous pets.

Anne is currently a candidate for a Master of Music Education degree with an emphasis in Wind Conducting at the Hartt School of the University of Hartford, where she is also a teaching fellow.

Additionally, she is the pianist/keyboardist for the Hartt Wind Ensemble, Symphonic Band and Symphonic Orchestra, has conducted the Hartt Symphonic Band, is the director of the University of Hartford Pep Band and has

performed with the Wind Ensemble, Symphonic Band and Symphony Orchestra.

Anne completed her undergraduate studies at the University of Connecticut, earning a Bachelor of Science in Music Education and a Bachelor of Arts in Music degrees in 1990 when she also made the Dean's List.

Her professional achievements include:

- Director of Music at St. Bernard High School in Uncasville from 1998 to 2004
- Director of Music at New London High School in New London from 1994 to 1998
- Director of Choral Activities and Theater Arts at Griswold High School in Jewett City from 1991 to 1994
- Vocal and General Music at the John B. Stanton and Samuel Huntington School in Norwich from 1990 to 1991

She is currently the cantor at Our Lady of Perpetual Help in Quaker Hill and has worked with the Windham Theater Guild in Windham from 1993 to 1995 as the Music Director for their summer stock presentations.

Her conducting resume includes:

- Guest conductor of the Old Lyme Town Band in 2004

· Guest conductor of the United State Coast Guard Band in 2004

· Guest conductor of the Connecticut All-State Chorus in 1996

She is a member of the Music Educator's National Conference, the Connecticut Music Educator's Association (past secretary – Student Affairs Commission), the College Band Directors National Association and the New England Music Festival Association. (co-coordinator of Solo and Ensemble Festival, past Dean of Women).

The First Company Governor's Foot Guard, established in 1771, is the oldest military organization in continuous existence in the United States.

*Retiring bandmaster, Capt. Laura O'Connell accepts a recognition of her service from Maj. Dennis Conroy.*



*Maj. Dennis Conroy, Commandant of the 1st Company, Governor's Foot Guard, welcomes new bandmaster, Capt. Anne Tortora during ceremonies at the Foot Guard Armory.*



### The First Company Governor's Horse Guards



*is recruiting for the Spring 2006 Recruit Class*

Retired Army/Air Guard members are specially invited to apply to become a part of the Governor's Horse Guards. We are the Nation's oldest cavalry unit in continuous service. With the help of new volunteers, we maintain a proud tradition of 228 years of service to the people and State of Connecticut.

No riding experience is required, just an enjoyment of physical activity and a willingness to serve. Troop activities include parades and Honor Guards, horse care, and community service such as our own "Say Nay to Drugs" program.

Visit our unit during weekly drill any Thursday between 1900 and 2100 hours and see first-hand how we preserve the traditions of the U.S. Cavalry! We gladly accept civilians, so bring an interested friend.

More details, including frequently asked questions, can be found at our web site: [www.govhorseguards.org](http://www.govhorseguards.org) - click on "Join Up?."

**For additional information contact:**

1LT Steve Ardussi  
Troop Adjutant and Recruiting Officer  
Email: [sardussi@optonline.net](mailto:sardussi@optonline.net)  
Phone: 860-567-5534



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# Army Transformation

## Understanding the transformation

SGT. 1<sup>ST</sup> CLASS DEBBI NEWTON  
STATE PAN CO

*(Editor's Note: This is the first in a multi-part, monthly series on Transformation as it relates to the Connecticut Army National Guard. Over the next few months, a more in depth look will be taken at individual units, missions, facility infrastructure and locations that will be affected by Transformation. The goal of this series is to inform every Soldier in the Connecticut Army National Guard of the changes that will be taking place, the choices the Soldiers will be able to make and to give the Soldiers the information they need to make informed decisions about their careers.)*

It has been said that change is constant. That change is good. That change is inevitable. That change is transformation. The Army, and the Army National Guard, is changing. The change is called Army Transformation.

The Army Campaign Plan defines Army Transformation mission the following way: "Build a campaign-quality Army with joint and expeditionary capabilities now to provide relevant and ready landpower to combatant commanders and the Joint Force while sustaining operational support to combatant commanders and maintaining the quality of the All-Volunteer Force."

That being said, what does it mean? What does it mean for the Connecticut Army National Guard? Most importantly, what does it mean to the Soldiers of the Connecticut Army National Guard?

"Transformation was underway prior to the start of the war," said Lt. Col. Shawn Karvelis, Deputy Chief of Staff, Operations. "It is very dynamic environment and is moving in a much more accelerated manner because of the war."

Transformation is designed to organize and equip the military to better battle threats in the Global War on Terror and to assist the National Guard in its responses to state and national emergencies and missions.

The Army routinely undergoes what's known as Total Army Analysis (TAA), a two-year cycle designed to determine how much the Army has versus how much it needs to make it work. The analysis is completed and changes are made based on the findings. The changes usually take place within a five-year window. But with the changes in the current world environment happening faster and faster, mini TAAs are taking place in a matter of months.

"It is sometimes necessary to reorganize some units to grow others that meet the new

and evolving missions," said Karvelis. "In some case we must consolidate more than one unit in order to reorganize and form these new, modular units. Changes that typically took place over five years now take place in as little as 18 – 24 months. Connecticut will have all of its new modular force structure authorized by September 2007.

The Army has reviewed what it needs to fight the current and future wars; we in turn focus on what capabilities these new units bring to our state and the opportunities they provide to our Soldiers," said Karvelis. This concept of modularity helps shape how Transformation will affect Connecticut.

The adjutant general and Joint Force Headquarters were involved in the process of deciding what type of units Connecticut would have as Transformation takes place, according to Karvelis. The units Connecticut will maintain and receive will enable the CTARNG to support global operations while having the ability to provide Military Support to Civilian Authorities in time of emergency.

According to the Army Campaign Plan, goals of the Transformation include divesting Cold War structure to better fight the War on Terrorism; Relieve stress on high demand units; Improve readiness and deployability of units; and execute military to civilian conversions to free up Soldiers to deploy.

To accomplish this, Connecticut will see some legacy units, such as the 242<sup>nd</sup> Engineer Battalion, consolidate with several other units to form new, modular force units.

For example, the deactivation of the 242<sup>nd</sup> will enable the "growing" of the 192<sup>nd</sup> Engineer Battalion. (See the State Task Organization Chart to the right for expected units and projected locations.)

Some of this Transformation has already occurred and the infrastructure in Connecticut is reflecting that change.

With the firefighting teams coming into Connecticut, a new fire station was built at Stone's Ranch to house the equipment and personnel.

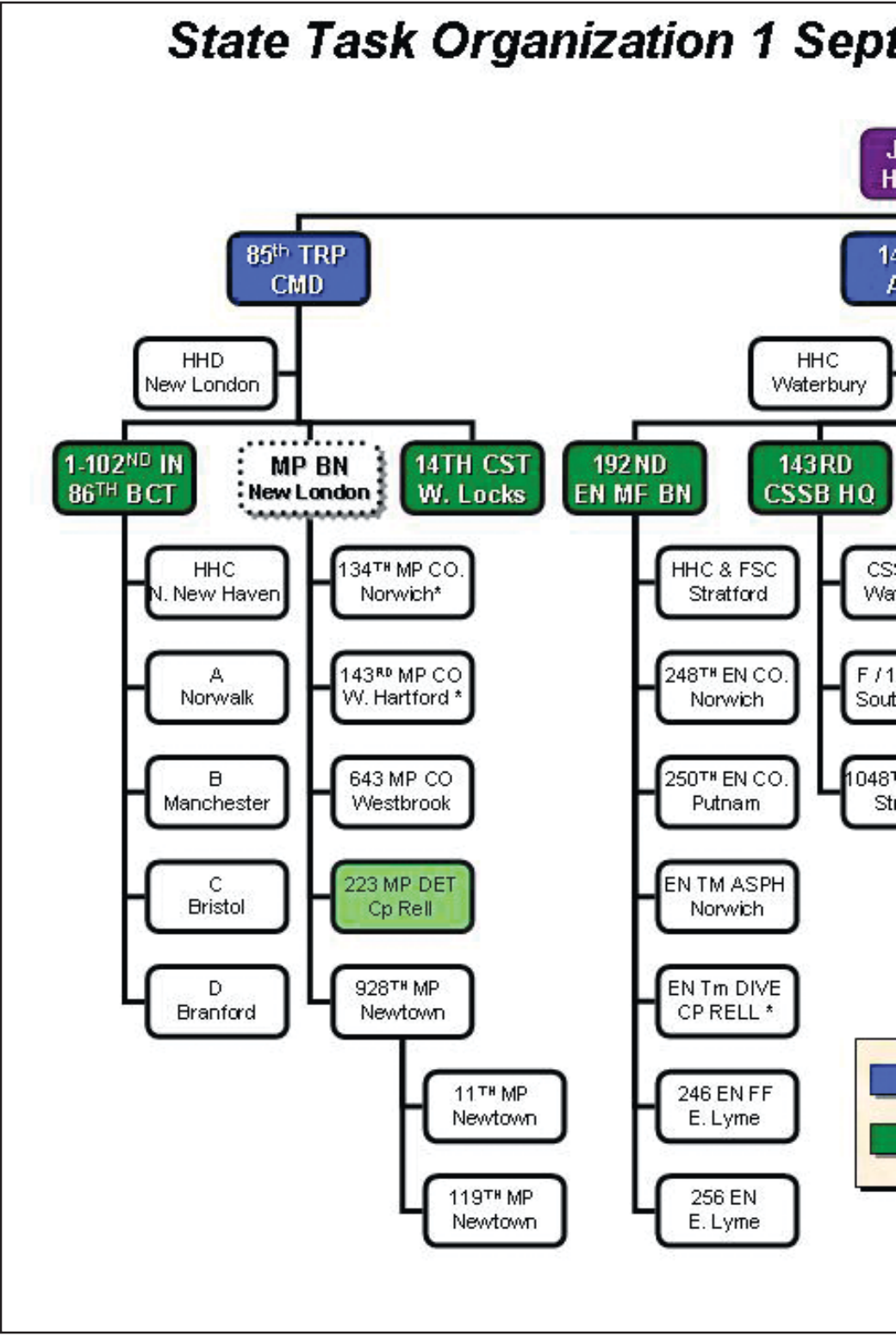
"It's about improving the quality of life for our Soldiers," said Lt. Col. Jerry Lukowski, Facilities Management Officer. "On average, our Soldiers have been occupying 250 square feet of space per Soldier. One goal contained in Transformation (and the accompanying infrastructure changes) is providing each Soldier with up to twice the square footage that most have today."

Some armories will be closed and new Readiness Centers will be opened. Some armories will be renovated into Readiness

Centers. The facilities will include improved personal and physical security measures, dining facilities with full kitchens, improve physical fitness centers and Information Technology/Communications systems. Some, such as the Readiness Center planned for 2008, will include space for Recruiting and Retention offices and Family Readiness programs.

The Military Police community will also see growth in Connecticut. That growth began with the addition of the 134<sup>th</sup> and 643<sup>rd</sup>

Transformation: A structure, appearance makeover, alteration,





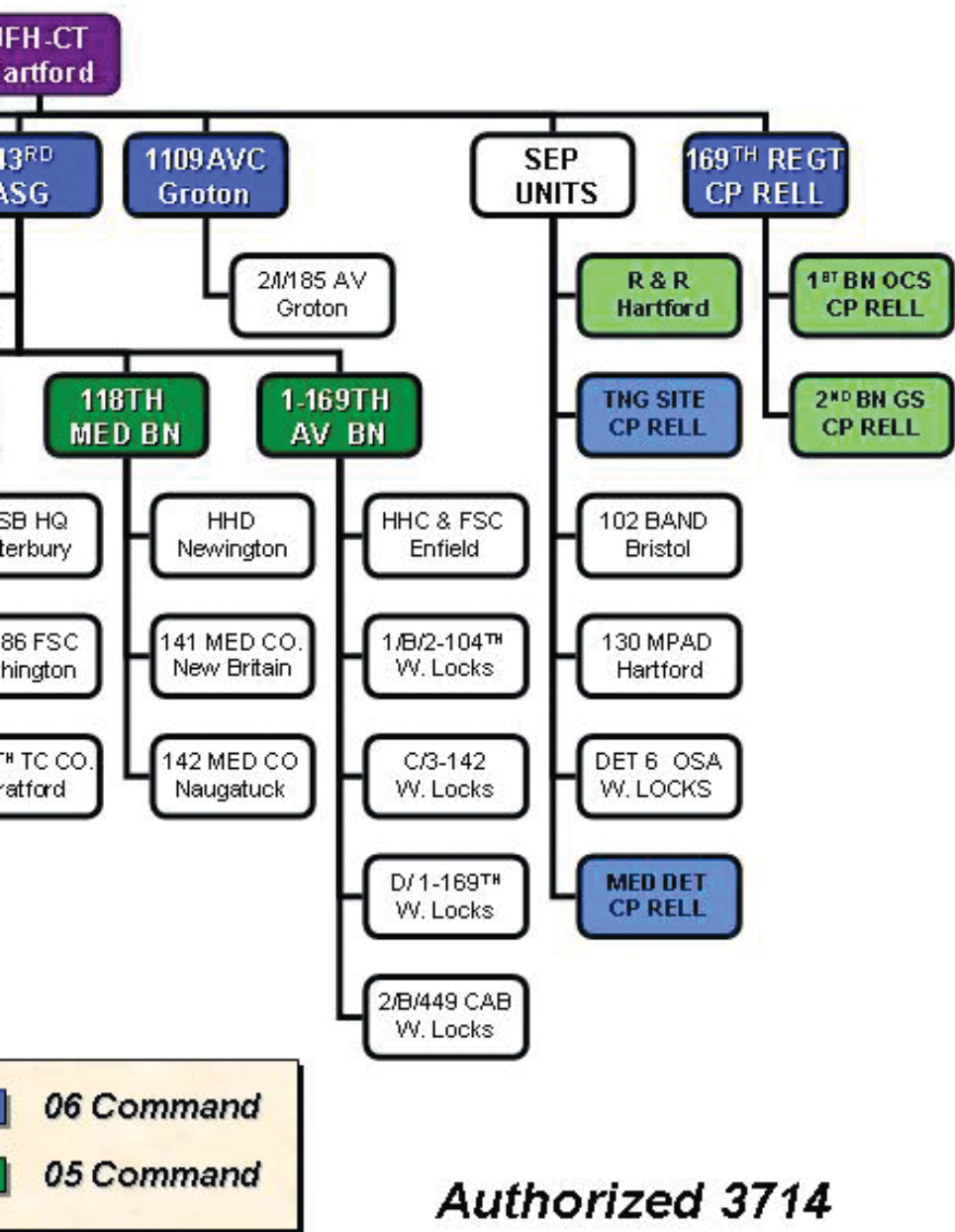
# Transformation transforms the Guard

## Transformation to help control your destiny

an act, process, or instance of change in  
e, or character. A conversion, revolution,  
or renovation.

Webster's Dictionary

### September 2007 – Projected Stations



Military Police Companies and is continuing with the addition of two Military Working Dogs units.

Again, infrastructure is reflecting that Transformation with the conversion of facilities in Newtown to a working dog kennel. Construction on the kennel began in 2004 and is expected to be complete in 2006.

But what does all this change mean for the Soldier of the Connecticut Army National Guard.

It means that Soldiers will continue to have the opportunity to “control their destiny and shape their future,” said Karvelis. With new units come new military occupational specialties and Soldiers will have the opportunity to make choices about their futures in the Guard. This does not mean that all Soldiers will need to retrain – in nearly every case, the MOSs

that exist today exist within the new modular units. Units will be briefed on the changes and choices coming, Soldiers will be educated on their choices and should take every opportunity they can to learn as much as they can before making their decisions.

Aviation, engineering, infantry, military police, medical and combat support services communities in Connecticut will see opportunities for growth and improvement through the Transformation process.

The units of the Connecticut Army National Guard have a long and proud history, and while some of those units will be transformed from what they look like today, to form the units that will enable the Connecticut Army National Guard to better meet its state and federal missions, the lineages and honors of those deactivating units will remain in state with units being

### CAMPAIGN OBJECTIVES

- Support Global Operations
- Adapt and Improve Total Army Capabilities
- Optimize Reserve Component Contributions
- Sustain Right All Volunteer Force
- Adjust Global Footprint
- Build the Future Force
- Adapt Institutional Army
- Develop Joint, Interdependent Logistics Structure

**A Campaign Quality Army with Joint and Expeditionary Capabilities**

THE ARMY CAMPAIGN PLAN

### RESTRUCTURING THE FORCE (AC/RC BALANCE)

**Decrease**

- Field Artillery Units
- Air Defense Units
- Engineer Units
- Armor Units
- Logistic Units

**FY 04 - 09**

100K+ of Change\*  
(Active Army, National Guard, and Reserve)

**Increase**

- Military Police units
- Transportation units
- Petroleum/Water Distribution units
- Civil Affairs units
- Psychological Operations units
- Biological Detection Units

\* Equivalent to retraining and relocating the population of a small U.S. city.

- Divesting Cold War Structure to Better Fight the War on Terrorism
  - Example: Decreasing Field Artillery, Armor, & Air Defense units – taking advantage of joint air superiority and joint precision munitions capabilities
- Relieve Stress on High Demand Units
  - Example: Increasing Military Police, Civil Affairs, Special Operations units
- Improve Readiness and Deployability of Units
  - Example: Man Units to Authorized Level of Personnel Fill
- Execute Military to Civilian Conversions – Free-up Soldiers to Deploy
  - Example: Converting Headquarters Positions from Military to Civilian

**Most Significant Army Restructuring in the Last 50 Years**

THE ARMY CAMPAIGN PLAN



# Recruiting & Retention: Mission One

## 2006 DoD Authorization Act promotes recruiting, retention

DONNA MILES  
AMERICAN FORCES PRESS SERVICE

The 2006 National Defense Authorization Act signed into law Jan. 6 provides a variety of military pays, benefits and incentives designed to boost recruiting and retention in the military, including a new \$40,000 ceiling for enlistment bonuses and a \$90,000 ceiling for reenlistment bonuses.

The new law continues to bring military pay more on par with private-sector compensation, providing a 3.1 percent across-the-board pay hike and about 20 types of bonuses and special pays being added or increased, Chuck Witschonke, DoD's deputy director for compensation, told the American Forces Press Service and the Pentagon Channel.

These programs enhance the entire military compensation package and make it more attractive to young people considering joining or staying in the military, he said.

The new law also authorizes some innovative concepts to help leaders attract and retain a high-quality force.

Among them is a measure that authorizes the secretary of the Army to offer a bonus of up to \$1,000 for servicemembers who refer someone who enlists in the Army and successfully completes basic training.

This new bonus, if used, would essentially turn any active or reserve member who chooses to become one into a recruiter, Witschonke said. "It would establish a whole new field of recruiters who will help refer people into the military," he said.

Another innovation is a bonus of up to \$2,500 for servicemembers who agree to transfer from one service to another and serve for at least three years.

Details of the program are still being worked out, but Witschonke said it will be an important incentive for servicemembers whose job series are being downsized to transfer their skills into another service that needs them, particularly the Army.

"There is a need and desire for us to take trained personnel from one service and, if they are interested, to have them transfer to another service," he said.

The new law gives the secretary of the Army a new, broad authority to offer creative new incentives to recruit enlisted members and officers. "We should see some innovative initiatives out of that," Witschonke said.

This temporary authority, to expire in December 2009, will give the Army the flexibility it needs to maintain enlistment rates that have recovered in recent months after a summertime slump, he said.

The law limits the Army to offering four new incentives, and for offering them to no more than 20 percent of its new accessions.

Recognizing the importance of the reserve components to national defense, the new law provides several initiatives to boost enlistment and retention in the Guard and Reserve.

These include a bonus of up to \$100,000 over a career for members with a designated

critical skill or who volunteer to serve in a designated high-priority unit.

The law also authorizes an increase in the maximum affiliation bonus for officers in the Selected Reserve, from \$6,000 to \$10,000 and an extension of eligibility for a prior-service enlistment bonus to include Selected Reserve members who previously received one, Witschonke said.

"There are a lot of things that are attractive in the bill and will support recruiting and retention," he said.

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program

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## Connecticut Air National Guard



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## Start a career with the Connecticut Air National Guard

To be a member of the Connecticut Air National Guard with no prior military service, you must be at least age 18 (or 17 with parents consent) and a high school graduate (or within 9 months of graduation). Qualification is based upon successful completion of the Armed Services Vocational Aptitude Battery (ASVAB) Test; passing a standard enlistment physical, and your moral qualification determined by a background check, which includes emphasis on any arrest record or substance use/abuse history.

Your actual job placement depends upon your personal qualifications and interests in relation to our position vacancies. Your job will be guaranteed prior to enlistment. After six short weeks at Basic Military Training, Lackland AFB, Texas most airmen go to technical training at one of four locations. Depending on your career field you will train in as few as 4 weeks, or as long as 52 weeks. After your initial training you will come back to Connecticut to fulfill your annual training commitment of one weekend a month and 15 days a year.

The Air National Guard offers many opportunities and educational benefits for members including: FREE tuition (for residents of Connecticut) to any state college or university in Connecticut; New GI Bill for Air National Guard members totaling up to \$632 per month; a \$20,000 student loan repayment program; \$10,000 enlistment bonus; weekend drill pay which is approximately \$180 to start; excellent travel opportunities; and superb technical training in over 60 career fields. These are just a few of the many benefits we offer in the Air National Guard.

If you should have any questions or would like to find out more information about the Air National Guard, please call a recruiter at 1.800.992.4793.



# Commentary

## Parenting skills can make good leaders

While recently attending a course for supervisors called “Managing Difficult Conversations,” I was reminded of a must-read book for parents entitled “How To Talk So Kids Will Listen & Listen So Kids Will Talk,” by Adele Faber and Elaine Mazlish.

My wife, a former squadron executive officer, once said that fathers make good commanders. Before we had kids, I never understood her point; but now, as a father of four young children, I realize parents use leadership skills that commanders and supervisors need every day.

Lead by example. As a parent, I quickly learned that children are like little mirrors, reflecting their parents’ every move and behavior - whether good or bad - and the same goes for subordinates.

One of my best lessons in the pitfalls of the “do as I say, not as I do” approach is getting our kids ready for bed.

After much exasperation at failing to coax - some would say coerce - our kids into putting on their pajamas and brushing their teeth, my wife came upon the novel idea of having the two of us get ready for bed first. It was like magic as our kids followed along. Some nights we even make a game of it, racing to see who’s ready first (I usually lose).

Active listening. I cannot overemphasize how important active listening has been to me as a parent and military leader. We’ve all been there, right in the middle of something important, when the kids come in with time sensitive information to share.

By stopping and listening, the very powerful statement of “You are important to me” is made. And even though we can’t always stop what we’re doing, if used with discretion, kids will not like - but at least understand - occasionally having to be put on hold. The same applies to subordinates whose commander’s door is normally open but sometimes shut to take care of important business.

Another advantage of active listening is that it allows children to solve their own problems. Sometimes a young child can get so upset that it seems they are going to bust, usually because they don’t know what to do next.

Listening, asking non-judgmental questions, and acknowledging feelings is often times all that’s needed to set their world right.

Let them work it out. Gen. George Patton once said, “Never tell people how to do things, tell them what to do and let them surprise you with their ingenuity.” Instead of solving our children’s problems, my wife and I encourage them to resolve “crises” on their own.

When our kids are fighting, we first ask several questions to help draw out the pertinent facts. Then we’ll say, “This looks like a pretty tough problem to solve, but we know you can figure it out.”

More times than not, they come up with a compromise solution that fits everybody’s needs while avoiding the perception of mommy or daddy picking sides. And they practice valuable problem solving skills at the same time.

I take the same approach with my flight commanders. Instead of dictating solutions to squadron challenges, I ask them to make joint recommendations. Having all of them participate in the problem solving ensures squadron buy-in when implementing difficult decisions.

I hope this short list demonstrates how our families can serve as some of the best leadership laboratories anywhere.

LT. COL. FRANK ROSSI  
50TH FLYING TRAINING SQUADRON

## Leadership starts with the man in the mirror

As a general officer, I am frequently in front of audiences talking about leadership. One of my favorite groups to address is an Airman Leadership School class.

In my discussions with them — and every group I face — I always ask two questions: First, has anyone ever worked for a bad boss or leader? Unfortunately, 75 percent or more of the hands reach for the sky. I then ask for examples of what made these leaders bad.

The answers are normally the same: Not involved with his or her subordinates; not concerned about me or my training; is concerned only with his or her advancement, at any cost; lacks integrity; doesn’t support the boss or the mission; is a tyrant to work for — frequently screams and yells at folks; harasses people or condones it on and off duty; doesn’t know the mission and doesn’t trust those who do; sets low standards for himself or herself, allowing the shop to skate by.

You get my drift, and you may have met some of these leaders yourself.

The second leadership question is: Have any of you worked for great leaders, and what made them great? Sadly, fewer than 25 percent of the hands go up, but those that do are raised with enthusiasm.

Their examples are exactly what you would expect and hope for in our Air Force leaders: Integrity; concerned about me, my development and my family; sets the example on and off duty; lives and breathes the Air Force’s core values of “integrity first, service before self and excellence in all we do”; sets high standards for themselves and our shop; takes blame for the bad; praises in public, kicks tail in private; loves his job, his life and his family; and makes work fun.

If the Air Force is going to excel and get the most out of our people, we must reverse the negative leadership examples. Our people are our most important asset. We need to treat them as such.

I’m challenging all leaders and supervisors to look in the mirror and reflect on our own strengths and weaknesses, then set out to improve ourselves, so our people can realize their full potential. When we do that, we can take the Air Force to even greater levels.

It is the best investment we can make for our greatest asset — our Airmen and their families. Your Airmen need you to be great.

As for me, I’m heading to the mirror.

MAJ. GEN. SCOTT GRAY  
AIR MOBILITY WARFARE CENTER COMMANDER

## Thank you – Job well done

Effective 15 Dec 05 all Force Protection services will be provided by Contract Security Guards. at Camp Rell, Camp Hartell, and JFHQ - Hartford. The requirements to enter these facilities are still the same, Military ID for all Soldiers, drivers license or other photo ID.

We wish to thank all Soldiers who served as the force protection detail for these facilities for a job well done.

STATE SECURITY OFFICE STAFF  
CONNECTICUT NATIONAL GUARD

### COMMISSARY & EXCHANGE DIRECTORY

Here is a current directory of area commissaries and exchanges along with their phone numbers. Always call ahead to verify hours as they may change without notice. A valid i.d. card is necessary to use these facilities. Contact your unit administrator if you or your dependants need a card. If you have trouble, contact the State Family Program Office at 1-800-858-2677.

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MONDAY: Closed  
TUESDAY & WEDNESDAY:  
10:00 – 6:00  
THURSDAY: 10:00 – 7:00  
FRIDAY: 10:00 – 6:00  
SATURDAY: 9:00 – 5:00  
SUNDAY: 11:00 – 5:00

#### SUB BASE, NEW LONDON

Exchange Hours:  
MON., TUES., WED.,  
FRI.: 9:00 – 6:00  
THURSDAY: 9:00 – 7:00  
SATURDAY & SUNDAY:  
9:00 – 5:00  
HOLIDAYS: 9:00 – 4:00  
Phone: (860) 694-3811  
Commissary Hours:  
MONDAY: Closed  
TUE., WED. & FRI.: 9:00 – 6:00  
THURSDAY: 9:00 a.m. – 10:00 p.m.  
SATURDAY: 8:00 – 5:00  
SUNDAY: 10:00 – 5:00

#### WESTOVER AIR FORCE BASE

Chicopee, Mass.  
MONDAY – FRIDAY: 10:00 – 5:00  
SATURDAY: 10:00- 5:00  
SUNDAY: 11:00 – 5:00  
Phone: (413) 593-5583

#### COAST GUARD STATION

120 Woodward Avenue  
New Haven, CT  
MONDAY – FRIDAY:  
9:00 – 4:30  
SATURDAY: 9:00 – 2:00  
SUNDAY: Closed  
Phone: (203) 468-2712



# Military Matters

## Connecticut Veterans have a new advocate working for them

DANIEL J. McHALE  
STATE BENEFITS ADVISOR - CT

I would like to introduce myself to members of the Air/Army National Guard and Reserves, as your States Benefits Advisor.

This is a new contract position sponsored by the NGB via SKYLINE, Ultd, Inc. It was created to serve the growing population of Veterans in the state. The role of the Benefits Coordinator is to be the Point of Contact or interface between the Guard and various organizations such as Veterans Administration (State & Federal), Veterans Organizations, i.e. VFW, American Legion, ESGR, Vietnam Veterans of America, AMVETS, etc. No formal relationship has existed between the National Guard Bureau, the Veterans and the various Veterans organizations until now.

Each State will have a States Benefits Advisor (SBA) ready to assist its Veterans and their families. I report to the adjutant general through the J-1 Directorate, in conjunction with the Family program and the ESGR representative.

My mission is to provide advocacy and assistance by raising awareness and making available information regarding entitlements and benefits. It's a partnership between the Guard, Veterans Affairs, Veteran Service Organizations and the local community. It is also my mission to coordinate and assist in bringing all their assets and resources together in order to support the needs of the Veterans and their families.

It has been determined that delivery of Veterans services and benefits is most effectively accomplished at the local community and unit level. Having been the 85<sup>th</sup> Troop Command's Commander for the last four years during most of the deployments and being a Vietnam Veteran, I feel I am in a unique position to serve you and your families as their Advocate. The following is a brief description of the position and services of the State Benefits Advisor:

- Assigned to the State Joint Forces Headquarters
- Provides coordination between agencies
- Provides education/support to all eligible members

- Raises understanding and awareness of VA benefits within the state

For the short time that I have been in this position I am perplexed at why so many of the state's Veterans have never applied for their benefits or are unaware of their entitlements. It's not just the Veterans from OIF/OEF but WWII, Korea and especially Vietnam Veterans. It will be my mission to reduce the barriers encountered by Guard members and their families regarding receipt of entitlements and take what ever actions necessary to overcome them. Each month, I will try to bring the most pressing Veterans issue to you through this column.

Some pressing issues that may need your attention:

- **TAXES:** As a reminder, some towns insist on an annual update to validate compensatable disabilities for tax purposes. If you are drawing compensation for a disability and your town requires an abatement letter to off set your taxes for 2005 and if you don't have the original VA FORM 20-5455, you

can get an equivalent letter from the VA by calling 1-800-827-1000 and ask for the tax letter.

- **VA Home Loans:** The Department of Veterans Affairs (VA) home loan guaranty limit (no-down payment loans) has been raised from \$359,650 to \$417,000 effective Jan. 1, 2006. For more information call 1-800-827-1000 or <http://www.homeloans.va.gov>.

- **Mortgage Assistance Grant:** Military homeowners at risk of losing their homes as a direct result of active duty-related hardships may qualify for a mortgage assistance grant designed to help servicemembers and their families make it through hard times. Learn more at [www.usacares.us/hpf.html](http://www.usacares.us/hpf.html) or talk to a counselor at 1-877-AT-EASE-1.

I'm here to serve you and your families. If you have any questions or issues, please don't hesitate to call.

Daniel J. McHale  
State Benefits Advisor-CT  
Room 214  
360 Broad Street  
Hartford CT. 06105  
Cell-860-748-0037 Fax: 860-548-3288  
SKYLINE, Ultd, Inc.

## Civilian pay raises to take effect

DONNA MILES  
AMERICAN FORCES PRESS SERVICE

WASHINGTON, Jan. 4, 2006 – The upcoming pay period for Defense Department civilian General Schedule employees will reflect a 2.1 percent across-the-board pay raise, plus a range of locality pays that bring the overall pay hikes between 2.83 and 5.62 percent, an Office of Personnel Management spokesman said.

The 2006 federal pay raise goes into effect with the first full pay period of the year, which for most DoD employees begins Jan. 8, Mike Orenstein told the American Forces Press Service.

On Nov. 30, President Bush signed into law the legislation that provides for the federal pay raise, the 2006 Transportation, Treasury, Housing and Urban Development, the Judiciary, the District of Columbia and Independent Agencies Appropriations Act, he said.

Pay charts on the OPM Web site show new annual and hourly rates for GS workers, DoD's white-collar work force, and special geographically unique charts cover increases in 31 designated locality pay areas.

Wage-grade or blue-collar workers, who make up a small percentage of the DoD work force, will receive comparable increases for their areas, Orenstein said.

GS workers not in a designated locality pay area come under the "rest of the United States" designation on the charts and will receive a 2.83 percent pay increase, Orenstein said.

The exception are GS workers in Alaska, Hawaii and U. S. territories, who receive a nonforeign cost of living allowance that was first introduced in the mid-1940s to attract workers, he said.

Among GS workers in designated locality pay areas within the continental United States, those in the Raleigh-Durham-Cary, N. C. , region are this year's biggest winners, receiving a 5.6 percent increase, Orenstein said.

This is the first time this area is a designated locality pay area, and the 2006 pay hike is designed to help bring that region's salaries more on par with those offered in the private sector, he said. Future pay hikes for the region are not likely to be as high.

Other locality pay areas to receive significant hikes this year are San Francisco-San Jose-Oakland, 3.95 percent; New York-Newark, 3.77 percent; Buffalo, 3.75 percent; Hartford, Conn. , 3.62 percent; and the Washington-Baltimore-Northern Virginia region, 3.44 percent.

Locality pay is based not on the cost of living, but on the cost of labor in a particular area, Orenstein said.

By offering locality pay to workers in those regions, government agencies can be more competitive in recruiting and retaining qualified workers, he said.

More information and pay chart information is provided on the OPM Web site.



## Payments for traumatic injuries begin under new VA insurance program

VA NEWS RELEASE

American troops and their families now have more financial security, thanks to the Department of Veterans Affairs' (VA) new Servicemembers' Group Life Insurance (SGLI) program. Prudential Financial Inc., the insurer under the program, began making payments under this new program.

The SGLI payments, ranging from \$25,000 to \$100,000, are made to service members who have suffered certain traumatic injuries while on active duty.

The new insurance program became effective December 1, 2005, and is designed to provide financial help to military families through extended periods of medical care and healing. Benefits are also payable retroactively to October 7, 2001 for service members and veterans who suffered certain traumatic injuries while serving in Operation Enduring Freedom or Operation Iraqi Freedom.

"Injured service members should be able

to focus on their recovery and adjustment back to military or civilian life, as well as spending time with their families," said the Honorable R. James Nicholson, Secretary of Veterans Affairs. "This new insurance program will help families focus on what's most important without having to worry about financial difficulties."

Officials with VA and the Department of Defense are continually working to identify eligible service members and veterans. Nicholson urged veterans with eligibility questions to visit VA's website at [www.insurance.va.gov](http://www.insurance.va.gov) or to call the Office of Servicemembers' Group Life Insurance at 1-800-419-1473 for more information.

The Department of Veterans Affairs administers one of the largest insurance programs in the United States, providing coverage for active duty and reserve military personnel, veterans, and their families, supervising programs that include more than seven-and-a-half million policies with a face value of more than \$1.1 trillion of insurance benefits.







CHIEF MASTER SGT.  
WANDA WAWRUCK

## Enlisted Update Soldiers and Airmen

Happy New Year! I hope 2006 has found you healthy as we begin a new year exactly as we left the last one.....very busy. My best wishes for a safe and speedy return to our many members who are deployed. In this month's article, I would like to address a difficult topic that has affected our organization, and continues to take a toll on service members all over the country...suicide prevention.

In October 2004, Gen Jumper, Chief of Staff of the Air Force, introduced a community based program called, "Wingman Day."

The program's main focus is to assist individuals in identifying risk factors and to provide effective intervention for those in distress (as well as substance misuse and vehicle safety). Since its inception, it has provided many members and their families with the resources and support they need to address the stressors in their lives.

I recently returned from a conference where suicide prevention was the main topic of discussion. We were briefed that a young Soldier recently attempted suicide shortly after shooting his supervisor and officer-in-charge.

Fortunately, all three survived and are recovering. I'm sharing this with you to highlight the events of this young Soldier's life that lead to his recent actions.

The Soldier recently returned from a one-year "boots on the ground" deployment and struggled financially to keep his family secure in his absence. Upon returning, his wife served him with divorce papers and left with their children. As he departed work one day, with finances and family on his mind, another

motorist collided with the Soldier, totaling the Soldier's new truck.

These events transpired in a four month period of time.

Now ask yourselves, how would you handle these events? If you were a friend, family member, supervisor, or co-worker, what actions would you take?

In a recent Air Force news article, Maj. (Dr.) Steven Pflanz, Chief of the Air Force suicide prevention program manager states: "Suicide prevention begins with addressing quality of life issues for Airmen on a daily basis. We want Airmen to recognize when personnel are at risk, engage those personnel in supportive dialogue, and refer them to the appropriate agencies for assistance. Bottom line: suicide prevention is everyone's responsibility!"

Whether there is a special named program such as "Wingman" or not, we need to continue to foster a culture that is aware of those in distress and provide the necessary support that they may require.

Normally this formal training day is set prior to the holidays; and for those who accomplished it, thanks! For those who have the training scheduled for this month, continue to do so and consider adjusting your training schedule to accommodate a session in October or November.

This is not an easy subject, but our goal is to prevent suicide from occurring and provide the necessary tools and support networks to assist those in distress.

I thank each and every one of you for the outstanding jobs you continue to do! Stay safe while traveling during these winter months. Please continue to keep our service members who are in harm's way in your thoughts and prayers. I look forward to seeing you in your units and social functions.

## Nomination season open for top Guard, Reserve Employer Awards

DONNA MILES  
AMERICAN FORCES PRESS SERVICE

Reserve-component members will have a chance to recommend their employers to be recognized for supporting their military service, as the nomination season for the 2006 Secretary of Defense Employer Support Freedom Awards has opened.

The nomination season opened Jan. 9 and continues through Feb. 28, Tom Bullock, an ESGR spokesman, told the American Forces Press Service.

During last year's open season, reserve-component members nominated 1,492 employers for the prestigious award. Fifteen winning employers were honored at a ceremony here last October.

To recommend their employers, Guard and Reserve members must answer 10 questions about support they receive from their employer. Questions target pay policies, benefits and leave policies, previous ESGR awards, supervisor training, ESGR advocacy, servicemember recognition, family support, deployed member support, hiring preferences and general military support, Bullock said.

The nomination form is posted on the ESGR Web site.

The 55 ESGR field committees will review all submitted nominations and verify the employer information received through the Web site. The ESGR National Ombudsman Team will then investigate all the nominations to ensure that employers are in compliance with the Uniformed Services Employment and Reemployment Rights Act.

Up to 15 2006 Secretary of Defense Employer Support Freedom Awards will be presented here on Sept. 19, Bullock said.

The Freedom Award is the highest in a series of Defense Department employer awards that include the Patriot Award, the Employer Support of the Guard and Reserve Above and Beyond Award, and the Pro Patria Award.

"I cannot think of a better measure of the leadership and patriotism of a business organization than to be recognized for outstanding Employer Support to the Guard and Reserve," said Army Secretary Francis J. Harvey, keynote speaker at the 2005 awards ceremony in October. "And even more telling is that since the nomination has to be initiated by a Guard or Reserve member or family member employed by the company, it is truly driven from the bottom up."

The Secretary of Defense Employer Support Freedom Award was initiated in 1996 to publicly recognize American employers who provide exceptional support to their employees who voluntarily serve the nation in the National Guard and Reserve who voluntarily answer the call to duty, Harvey noted.

Other ESGR awards also recognize employer support for their Guard and Reserve members and can be presented directly by the employee or an ESGR field committee member. Details about these awards are posted on the ESGR Web site.

Visit the  
**Connecticut  
Guardian**  
on-line at  
[www.ct.ngb.army.mil](http://www.ct.ngb.army.mil)

**There is a New Face at HRO**



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Card or to update your DEERS  
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860-878-6725 or email her at  
[Amanda.douville@ct.ngb.army.mil](mailto:Amanda.douville@ct.ngb.army.mil)

Send Letters to the Editor to:

Editor, Connecticut Guardian, National Guard Armory, 360 Broad Street,  
Hartford, CT 06105-3795

or by email to: [ctguardian@ct.ngb.army.mil](mailto:ctguardian@ct.ngb.army.mil)

All letters must be signed and include a phone number for verification.  
Letters may be edited for grammar, spelling and space, but not for content.



# Homefront

## In defense of Connecticut's children: *Is your teen using?*

Think your teen may be "experimenting" with drugs? It's better to find out the truth now than wait until the problem is out of control. Be prepared, know the facts. Every day, approximately 4,700 American youth under age 18 try marijuana for the first time. Get educated about the risks now.

**LEARN:** "Be aware. Kids can get any drug they want. You can't keep them away from it, but you can inform them of it before they see it." — A teenager

Do you know the facts about marijuana?

**MYTH:** Marijuana is harmless.

**FACT:** Marijuana is the most widely used illicit drug among youth today and is more potent than ever. Marijuana use can lead to a host of significant health, social, learning, and behavioral problems at a crucial time in a young person's development. Getting high also impairs judgment, which can lead to risky decision making on issues like sex, criminal activity, or riding with someone who is under the influence of drugs or alcohol.

**MYTH:** You can't get addicted to marijuana.

**FACT:** Don't be fooled by popular beliefs. Kids can get hooked on pot. Research shows that marijuana use can lead to addiction. Each year, more kids enter treatment with a primary diagnosis of marijuana dependence than for all other illicit drugs combined.

**MYTH:** There's not much parents can do to stop their kids from "experimenting" with marijuana.

**FACT:** Most parents are surprised to learn that they are the most powerful influence on their children when it comes to drugs. But, it's true, so this message needs to start with parents. Kids need to hear how risky marijuana use can be.

They need to know how damaging it can be to their lives. And they need to begin by listening to someone they trust. By staying involved, knowing what their kids are doing, and setting limits with clear rules and consequences, parents can keep their kids drug-free.

**EVALUATE:** "Everybody thinks their kid is beyond taking drugs...nobody's beyond it" —A Mother

**How well do you know your teen?**

In order to help you determine your next steps, determine if you find that your teen:

Has had a recent change in his/her group of friends?

Is careless with grooming?

Has lost interest in activities or sports that they used to enjoy?

Has been missing school?

Has had declining grades?

Is secretive about possession, friends, or conversation?

Lies to you about the places he or she's been?

**TAKE ACTION:** "I was worried about confronting my kid. But it was the best decision I ever made. We're handling it together now." —A Parent

When you have a suspicion that your teen is "experimenting" with drugs, what do you do?

**Have The Talk — Let Them Know You Know**

The next thing you can do is sit down and talk with your child. Be sure to have the conversation when you are all calm and have plenty of time. This isn't an easy task—your feelings may range from anger to guilt that you have "failed" because your kid is using drugs. This isn't true—by staying involved you can help his/her stop using and make choices that will make a positive difference in his/her life.

**Be Specific About Your Concerns**

Tell your child what you see and how you feel about it. Be specific about the things you have observed that cause concern. Make it known if you found drug paraphernalia (or empty bottles or cans). Explain exactly how his/her behavior or appearance (bloodshot eyes, different clothing) has changed and why that worries you. Tell his/her that drug and alcohol use is dangerous and it's your job to keep his/her away from things that put his/her in danger.

**Don't Make Excuses**

Although it's natural for parents to make excuses for their child, you're not helping him/her if you make excuses when he/she misses school or family functions when you suspect something else is at play. Take the next step: Talk to your child and get more information.

**Try to Remain Calm and Connect With Him/Her**

Have this discussion without getting mad or accusing your child of being stupid or bad or an embarrassment to the family. Be firm but loving with your tone and try not to get hooked into an argument. Knowing that kids are naturally private about their lives, try to find out what's going on in your child's life. Try not to make the discussion an inquisition; simply try to connect with your teen and find out why he/she may be making bad choices. Find out if friends or others offered your child drugs at a party or school. Did he/she try it just out of curiosity, or did he/she use marijuana or alcohol for some other reason? That alone will be a signal to your child that you care and that you are going to be the parent exercising your rights.

Visit [www.theantidrug.com](http://www.theantidrug.com) to Learn, Evaluate, and Take Action before your teen starts using drugs or alcohol.

## Chaplain's

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CHAPLAIN DAVID NUTT

## Making those new years resolutions work

The holiday decorations are taken down, the last of the cookies, pies, fruit cake and other calorie laden fare has

long been devoured, and the New Year is upon us. For many the New Year brings with it promises of new beginnings, fresh starts, and realized potential. For some the New Year hasn't so much arrived as it has dropped on them like dead elephant.

Why does the New Year, for many people, bring with it so much misery and despair? Part of the answer is the looming shadow of "New Year's Resolutions." The following are some suggestions to help you make those New Year Resolutions or any kind of goals you set for yourself for that matter, work with you. (SAMHSA.gov, 2004):

**1. Attitude:** Start the process of change with a positive and healthy attitude. Make as many of the resolutions "I will" commitments, as opposed to "I will not..."

**2. Be specific:** When thinking about your goal, be as exact as possible. People who set specific goals are more likely to succeed. For example, "I will attend yoga 2x per week"

instead of "I will exercise." Or "I will save 20 dollars each paycheck," rather than "I will save money."

**3. Put it in writing.** Write down exactly what you want to achieve and post it in a place where you will see it every day. This will help remind you what you're working toward. When you write, use positive terms. For example, instead of writing, "I will stop eating junk food" re-word your goal in more positive terms, "I will give myself the gift of making healthy food choices."

**4. Set realistic goals.** When you think about setting goals, make sure that they are within your reach. Be mindful of your finances, schedule, and other personal affairs. Many people forget to think about these important facts and, as a result, they set unrealistic goals for themselves.

**5. Develop an action plan.** Create a timeline with steps toward your goal. Set deadlines for each step and cross them off as you go. Sometimes just crossing things off and watching your list get smaller can give you a sense of accomplishment and help you keep going.

**6. Believe in yourself.** Stay positive about your progress. Share your goal with a friend or family member and ask them to help keep your spirits up.

**7. Seek help.** If your resolutions/goals

attempt to overcome some of the more dangerous or difficult behaviors such as smoking, drinking too much, drug abuse, etc., get help. Consult your doctor or other health professional before trying it alone - there are experts out there who have the knowledge and experience you will need to achieve your goals.

**8. Be flexible.** Keep in mind that setbacks can happen. Don't become discouraged and give up. Your hard work will pay off!

**9. Reward yourself.** Acknowledge your achievements, even the small ones. Reaching a goal takes hard work and you should be proud of your efforts.

**10. Don't forget the spiritual dimension.** When the problem of keeping your resolution gets overwhelming don't forget God, your house of worship, and the community of believers you worship with. There you will find not only a community that will help you keep many of the tougher resolutions but will love and accept you no matter what. Even if you haven't kept (or even made) a single resolution.

Have a Blessed & Happy New Year!!



## INFORMATION

### Security Begins With You!

The success of America's campaign against terrorism depends on you. Don't help America's enemies plan another attack. Use secure communications when discussing classified or sensitive information. Handle and discard memo, documents, correspondence and emails appropriately. Practice good computer security when accessing the Internet. Our websites are utilized only as we are instructed below. Do not transmit information that can harm us.



# DoD to restrict cell phone use on military bases

Sgt. Sara Wood, USA  
American Forces Press Service

Defense Department installations have begun implementing new cell phone restrictions for drivers on military bases.

The new regulation, published in the Federal Register in April 2005, states that anyone driving a motor vehicle on a DoD installation cannot use a cell phone unless the vehicle is safely parked or the driver is using a hands-free device.

Many installations already have implemented the new restrictions, and the rest will implement the rules on their own schedule, said John Seibert, assistant for safety, health and fire protection for DoD. There is no deadline for installations to implement the restrictions, Seibert said, but he expects most will do so this year.

"We have not issued an implementation schedule," he said. "But it's definitely getting everyone's attention."

The law enforcement policy offices for each military department are putting together policies and procedures for the implementation and enforcement of the restrictions, Seibert said. He explained that this regulation is a minimum requirement, and installation commanders still have the authority to put stricter rules in place. Each installation will determine the punishment for violation of the rules, he said.

As the installations implement the restrictions, they have a

responsibility to notify the public by putting up signs or putting notices in base newspapers, Seibert said. Many installations are allowing a grace period in which motorists in violation of the rule will be warned and not ticketed.

This regulation was developed based on information from the National Highway Traffic Safety Administration, which studied driving distractions as the cause of motor vehicle accidents, Seibert said. The study found that cell phone use is the fastest growing and most visible distraction that leads to accidents, he said.

The DoD regulation follows suit with many regulations that states and cities have already imposed. Currently only Connecticut, New York, New Jersey and the District of Columbia ban hand-held cell phones for drivers, but many cities have imposed their own rules, according to the Governors Highway Safety Association.

"We are in front of the majority, but we certainly are not the first ones to do this," Seibert said.

This cell phone regulation will increase traffic safety on installations, Seibert said, but more importantly, it will encourage safe driving habits.

"Our intent is that this will drive an increased attention to the importance of safe driving and that we'll see a change in driving behavior, both on military installations and off," he said.

Need assistance?  
Have questions?  
Contact the  
103rd Air Control Squadron's  
Family Support Program  
by visiting its Website:  
[www.103rdacs.com](http://www.103rdacs.com)

For  
deployment-  
related  
questions call  
1-800-858-2677



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JANUARY 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 HAPPY NEW YEAR	2 New Years Day (Observed) Club Closed	3 6 PM Quiet Birdmen Dinner	4 6 PM TRPC Dinner Jim Russo	5	6 12 Noon CSM (ret) Norlum Lunch	7 NATIONAL GUARD DRILL
8 NATIONAL GUARD DRILL	9	10 7 pm Democratic Town Chairs meeting	11 12 Noon A & A society FT Guard Lunch	12 5 - 7 PM Fund Raiser Val Conroy Larry Cafaro	13	14
15	16 Martin Luther King Birthday Fed Holiday Club Closed	17	18 12 Noon Town Clerks Lunch Sec of the State office 5-7 PM Reception Conkey	19 12 Noon MOOA Lunch 5-7 PM Fund Raiser Penny Bacchioli & Ray Kalinowski	20	21
22	23 4 - 6 PM Fund Raiser Kevin Ryan & Melissa Olson 6 PM Annual Mtg Officers Club of CT Buffet Dinner	24 12 Noon Ladies O'Club Lunch 5-7 PM Reception Peter Villano	25 5 - 7 PM Reception Buddy Altobello	26 5 PM Reception John Larkin	27	28
29	30	31 5-7 PM Reception Sen Gary Lebeau	Bushnell: Lion King tickets May 13, June 1 Call Ginny Scheller 282 0778			
O'Club open Daily for lunch 1130 - 2 PM Bar & Lounge open at lunch & 4PM -Close						



12th Annual NGACT Conference  
and  
2nd Annual NGACT Awards Banquet

Saturday, March 25, 2006  
Conference Registration & Continental Breakfast: 7:45 a.m.  
Awards Banquet: 6 p.m.

Marriott Hartford- Rocky Hill  
100 Capital Boulevard, Rocky Hill, CT

Conference Keynote Speaker  
To Be Determined

Awards Banquet Keynote Speaker  
To Be Determined

NGACT Conference & Awards Banquet Registration

Name: \_\_\_\_\_ Rank: \_\_\_\_\_ Unit: \_\_\_\_\_

Address: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Daytime Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Conference Registration: \$20 (\$25 at the door)

Banquet Registration: \$40  
(Petite Filet Mignon & Baked Stuffed Shrimp)

NGACT Annual Dues: \$6

NGACT Lifetime Dues: \$60

EANGUS Annual Dues: \$9

NGALS Annual Dues: Based on Rank

Total Amount Enclosed: \_\_\_\_\_

Rooms are available at the Marriott for Friday and Saturday evenings at \$89 per night. Room reservation code will be sent upon receipt of conference registration.

Make checks payable to "NGACT" and send to NGACT Conference, 360 Broad St., Hartford, CT 06105-3795  
Email questions about the Conference and Awards Banquet to: [ngact2005@yahoo.com](mailto:ngact2005@yahoo.com)

NGACT Working for You



# Guarding Your Rights

## Legal Affairs: *Tax filing extensions and income tax exclusions*

MAJ. TIMOTHY TOMCHO  
JAG OFFICE

To lessen the burden upon Soldiers deployed to either a combat zone or a qualified hazardous duty area (QHDA) Congress created tax filing extensions and income tax exclusions. For taxation purposes, the terms combat zone and QHDA are used synonymously. Soldiers serving in and around Afghanistan and Iraq qualify for favorable tax considerations. Thus, the Internal Revenue Service (IRS) permits qualifying members of the Armed Forces (those who deployed there) additional time to take care of tax matters. This additional time is called a “**deadline extension.**” Your service branch must certify your entitlement on the Form W-2 it provides you. If you believe you are entitled to the exclusion, but it is not reflected on your Form W-2, ask your service branch to issue a corrected Form W-2.

The deadline for taking actions with the IRS is extended for at least 180 days after the later of (1) the last day the taxpayer is in the QHDA, or (2) the last day of any continuous qualified hospitalization for injury from service in the QHDA. Qualified hospitalization is hospitalization resulting

from an injury received while serving in the combat zone. Beyond the 180 days, the deadline is also extended by the number of days that were left for the member to take action with the IRS when he entered the QHDA. If the member entered the QHDA before the time to take the action began, the deadline is extended by the entire time he has to take the action. For example, if a soldier was in the QHDA from September 15, 2004 - April 15, 2005, then an additional 105 days (January 1, 2005 - April 15, 2005) to take action (file taxes) accrues. Thus, the filing deadline for the 2004 tax year would be extended 10 1/2 months (180 days + 105 days) to March 1, 2006.

Spouses of individuals who served in a combat zone are entitled to the same deadline extension with two exceptions. The extension does not apply to a spouse for any tax year beginning more than two years after the date that combat activities end. The extension does not apply to a spouse for any period the qualifying individual is hospitalized in the United States for injuries incurred in a combat zone.

Members of the Armed Forces who served in the HQDA may also exclude certain pay from their income. They did not have to receive the pay while in the HQDA, but it

must have been earned for service there or for a period during which they were hospitalized as a result of their service there. The following military pay is also excludable from income.

1. Active duty pay earned in any month they served in a combat zone. Military members (enlisted or commissioned warrant officers), who serve in a combat zone during any part of a month, can exclude all of their basic pay for that month from income. If you're a commissioned officer, the monthly exclusion is capped at the highest enlisted pay, plus any hostile-fire or imminent-danger pay, limited to \$6529.20 per month in 2005, to \$6,315.90 in 2004 and \$5,957.70 for 2003.

2. A dislocation allowance if the move begins or ends in a month they served in a combat zone.

3. A reenlistment bonus if the voluntary extension or reenlistment occurs in a month they served in a combat zone.

4. Pay for accrued leave earned in any month they served in a combat zone.

5. Pay received for duties as a member of the armed forces in clubs, messes, post and station theaters, and other nonappropriated fund activities. The pay must be earned in a month the member

served in a combat zone.

6. Awards for suggestions, inventions, or scientific achievements members are entitled to because of a submission they made in a month they served in a combat zone.

To assist taxpayers, the IRS created a special e-mail address, [combatzone@irs.gov](mailto:combatzone@irs.gov) to receive inquiries combat-zone taxpayers. Through this site, taxpayers may send specific inquiries about their filing and payment status and update their combat-zone status in order to qualify for relief provisions. No penalties or interest will be imposed for failure to file a return or pay taxes during the extension period. The IRS, however, will pay interest on a refund from the due date of the return if the return is timely filed after applying the deadline extension.

For personal assistance in preparing tax returns, contact the Naval Sub Base Tax Assistance Office at (860) 694-3741, extension 5, to set an appointment. For more details, See IRS Publication 3, “*Armed Forces' Tax Guide.*”



DONNA MILES  
AMERICAN FORCES PRESS SERVICE

## New rules to reinforce Guard, Reserve reemployment protections

The National Committee for Employer Support of the Guard and Reserve is lauding today's Labor Department announcement that it is issuing rules clarifying re-employment rights for citizen-soldiers as a major step forward for Guardsmen, Reservists and their civilian employers.

Labor Secretary Elaine Chao announced final rules interpreting the Uniformed Services Employment and Reemployment Act that helps ensure job security for reserve-component members returning to civilian life from military duty. The rules will be published Dec. 19 in the Federal Register.

Speaking at the National Press Club here, Chao noted that this is the first time since the law's passage in 1994 that regulations have been developed to enforce it.

The rules are particularly critical now, she said, when the United States has the largest group of mobilized National Guard and Reserve members since World War II. Since Sept. 11, 2001, almost 530,000 reserve-component members have been mobilized, many for more than a year of duty.

The new rules, drafted in an easy-to-read question-and-answer format, explain how the USERRA law protects against

discrimination and retaliation because of military service and prevents servicemembers from job setbacks due to performing their military obligations. The law also ensures that Guard and Reserve members have ample time to report back to their civilian jobs after completing their military duty.

“Our citizen-soldiers put themselves in harm's way to defend our freedoms, and now it's our turn to be there for them,” Chao said. “These regulations will ensure that the seniority, promotion, health care, pensions and other benefits of our citizen-soldiers are protected when they return home to the jobs they left to serve our country.”

Air Force Maj. Rob Palmer, a public affairs officer for the National Committee for Employer Support of the Guard and Reserve, said putting teeth behind the USERRA law benefits citizen soldiers as well as their employers. “Anything that makes it easier for Guard and Reserve members to work with their employers and understand their rights and responsibilities under the law is a benefit to everyone,” he said.

With more than 50 percent of the military's manpower in the reserve components, employer support is critical to U. S. national security, Palmer said.

But making the relationship work “is not a one-way street,” he said, noting that Guardsmen and Reservists also have

responsibilities under USERRA.

Among those responsibilities is keeping their employers informed about their military commitments. “We encourage Guard and Reserve members to communicate early and often with their employers about upcoming military obligations,” Palmer said.

Thanks largely to efforts by the Committee for Employer Support of the Guard and Reserve and solid support from employers, work-related complaints from returning Guard and Reserve members are down 30 percent since their last major deployment, in the early 1990s.

During Operation Desert Storm, one in 54 demobilized troops filed work-related complaints with the Labor Department, officials said. During the war on terror, the rate has dropped to one in 81.

Officials hope this trend will continue and see the new USERRA rules as a big step toward that end.

Other Labor Department initiatives also are expected to help. These include providing briefings to more than 270,000 servicemembers and others about the law, responding to more than 36,000 requests for technical assistance and publishing information about the final notice on the department's Web site.



### INFORMATION

#### Security Begins With You!

The success of America's campaign against terrorism depends on you. Don't help America's enemies plan another attack. Use secure communications when discussing classified or sensitive information. Handle and discard memos, documents, correspondence and e-mails appropriately. Practice good computer security when accessing the Internet. Our websites are the only way we're encountered below. Don't turn them with information that can harm us.



# Inside OCS

## *Faithfulness key to one officer candidate's training*

OC DOUGLAS HOLLAND  
OCS CLASS 51

Being faithful means being loyal and adhering to a person or cause, being reliable and worthy of trust. A good officer is faithful both to those he serves and those that serve him.

Faithful service is a key tenet of my OCS experience. An officer must inspire trust and confidence in those around him. Faithful service is continually reinforced in OCS Class 51 by our mentors, the TACs. At times when time hacks are missed, mistakes made or equipment is forgotten and everything seems to be going wrong, being faithful in our service can be a challenge. Yet it remains our biggest reward.

When I enrolled in OCS I didn't know what to expect. I knew it was an intensive year-long leadership course but that's about it. The common misconception is that OCS is one long smoke session, 16 months of torment devised by diabolical black hats that are far more creative in their destruction than even the most enthusiastic drill sergeant ever was.

I learned soon after that this is not the case. There is a level of physical pain that goes along with the process of becoming an officer but the course is far more than a

series of senseless pushes to muscle failure. The hours are long, but they must be. OCS is high stress, but given that you train as you fight it, should be. We will all be in a combat zone as leaders sooner rather than later and it's far better to learn now how to react to stress rather than when our soldiers are counting us.

OCS is fast paced and candidates must learn to digest a flood of information and actually understand it, not just regurgitate it back. It's commonly referred to in the class as "drinking from the fire hose of knowledge". There are inspections to pass, details to be completed, classroom sessions on everything from history to equal opportunity to writing op-orders and "hooah" field exercises in MOUT and combatives.

The training at OCS goes far beyond training to fight the enemy though. OCS is a class in values, Army values, as much as it is a class on leadership. The Army values and leadership are so interconnected that become one. We find very quickly that we must be pinnacle of what it means to live the Army values because without them we could not lead.

All of the stress, classes and exercises relate to the army core values of: loyalty, duty, respect, selfless service, honor, integrity, and

personal courage. These values allow a sense of faithfulness to develop in each other. Since we are under stress while working toward a common goal we must quickly learned to accommodate each others strengths and weakness, to work as a team and to trust each other.

Officer candidates both in and out of the student chain of command are held accountable for every action, attention must be paid to every detail as TACs will not compromise on any standards. So now halfway through the program we busy ourselves with fundraising and the planning of an OCS dinning out, planning our next mid-month meeting, prepping for our next round of inspections writing s.o.ps, preparing presentations and all the other details associated with the course with a sense of urgency and purpose.

As I write this details and assignments are being completed not because there're supposed to but because individual OC wants to. The structure of this course provides the faith in one's self and one's peers to rise above any hurdle and accomplish the mission. That sense of service of duty is what this course is all about and truly is its greatest reward.

**Have you  
recruited  
anyone  
today?**

**Recruiting is everyone's  
responsibility.  
Contact your unit today to  
find out what positions are  
available and help find  
someone to fill them.**

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**Call  
1-800-716-3550**

## Why Diversity?

### Celebrating Black History Month

CAPT. AMY FLYNN  
STATE EQUAL EMPLOYMENT MANAGER

During these extraordinary times, America looks forward to new challenges and opportunities invigorated with a common, sense of unity and purpose. We are a vibrant nation, thanks to the creativity, fortitude, and resilience of people of every background. During National Black History Month, we collectively celebrate the many achievements and contributions made by African Americans to the economic, cultural, and political development of our great nation.

On Friday, February 3, 2006, The Connecticut National Guard will host, in conjunction with the United States Postal Service, the 2006 Black History Celebration at the John Lyman Center on the campus of Southern Connecticut State University, New Haven, Connecticut. The event will be held from 9:00am – 11:00am, filled with activities that highlight this year's theme, "A Tribute to the United Negro College Fund, A mind is a Terrible thing to Waste." Scheduled activities include a historical presentation of the significant contributions of the National Association for the Advancement of Colored People (NAACP) and the Costen's cultural exhibit of rare

photographs and memorabilia reflecting the history of the NAACP.

The NAACP founded on February 12, 1909; by Ida Wells-Barnett, W.E.B. DuBois, Henry Moscowitz, Mary White Ovington, Oswald Garrison Villiard, and William English Walling, is a multiracial group of activists, who answered "The Call." Initially called the National Negro Committee, they led the "Call" to renew the struggle for civil and political liberty. The mission of the NAACP is to insure the political, educational, social and economic equality of minority groups and citizens achieves equality of rights and eliminates race prejudice among the citizens of the United States; it removes all barriers of racial discrimination through the democratic processes. The NAACP seeks to enact and enforce federal, state, and local laws securing civil rights. The organization informs the public of the adverse effects of racial discrimination and seeks its elimination; educates persons as to their constitutional rights and to take all lawful action in furtherance of these principles.

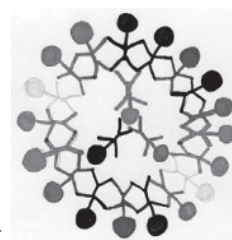
In addition to various activities highlighting the rich history and outstanding achievements of the NAACP, this year's Black History celebration will also include a dedication of the Marian Anderson stamp

presented by the United States Postal Service. The program will continue with the announcement of the "Recognition of Connecticut Black Students in Academics" contest winners and feature the captivating words of the event's keynote speaker Jefferson Wiggins. Mr. Wiggins is a successful author, educator, mentor and community leader who was born in rural Alabama and chose to enlist in the United States Army to escape a life of crippling poverty and racism. One of the few black officers of the era, he received a field commission from General George S. Patton. Mr. Wiggins currently maintains an active lecture schedule and is the founder of the Wiggins Institute for Social Integrity, a non-profit organization committee to addressing the root causes of moral and social conflict within our society.

Following the National Guard program, military and civilian attendees may attend the "Harlem Book Fair" from 11:00am-6:00pm. The Harlem Book Fair is premiering in Connecticut to highlight the importance of literacy in the African American community. The event is the countries largest gathering of African American readers and book lovers, and provides daytime educational activities in conjunction with an

evening of entertainment. Events include panel discussions featuring powerful writers, scholars, and top business leaders, motivational speakers, poets, and storytellers. Book lovers will have the opportunity to mix and mingle with the authors of some of their favorite books.

In addition, there are many other educational and interesting events, ongoing throughout the day. The NAACP is hosting an Equal Opportunity Awards Luncheon at the Crowne Plaza Hotel from 12:00 pm – 2:00 pm. This luncheon is held in honor of Richard Weaver-Bey, where he will be recognized with the W.E.B. Dubois Lifetime Achievement Award for his outstanding contributions to the Civil Rights Movement in Connecticut and his business accomplishments. The NAACP will conclude the day's events with a ribbon cutting ceremony in celebration of the Connecticut State Conference Office. This event will take place at the New State Office in Hartford. For information about any of the NAACP events please call Beverly Richardson at (203) 776-2662





# Health & Fitness



## Medical Notes

LT. COL. ROBERT CODY  
SAFETY AND OCCUPATIONAL HEALTH MANAGER

### How germs spread

Illnesses like the flu (influenza) and colds are caused by viruses that infect the nose, throat, and lungs. The flu and colds usually spread from person to person. This can happen when droplets from a cough or sneeze of an infected person move through the air and are deposited on the mouth or nose of people nearby. Sometimes germs also can be spread when a person touches respiratory droplets from another person on a surface like a desk and then touches his or her own eyes, mouth or nose before washing their hands. We know that some viruses and bacteria can live 2 hours or longer on surfaces like cafeteria tables, doorknobs, and desks.

Common symptoms of the flu include:

- fever (usually high)
- headache
- extreme tiredness
- cough
- sore throat
- runny or stuffy nose



## Stopping the spread of germs at home, work and school

- muscle aches, and
- nausea, vomiting, and diarrhea, (much more common among children than adults).

### How to help stop the spread of germs

Take care to:

- Cover your mouth and nose when you sneeze or cough
- Clean your hands often
- Avoid touching your eyes, nose or mouth
- Stay home when you are sick and check with a health care provider when needed
- Practice other good health habits: Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food. Practicing healthy habits will help you stay healthy during flu season and all year long.

Cough or sneeze into a tissue and then throw it away. Cover your cough or sneeze if you do not have a tissue. Then, clean your hands, and do so every time you cough or sneeze.

When available, wash your hands — with soap and warm water — then rub your hands vigorously together and scrub all surfaces. Wash for 15 to 20 seconds. It is the soap

combined with the scrubbing action that helps dislodge and remove germs. That is about the same time it takes to sing the “Happy Birthday” song twice!

When soap and water are not available, alcohol-based disposable hand wipes or gel sanitizers may be used. You can find them in most supermarkets and drugstores. If using a gel, rub the gel in your hands until they are dry. The gel does not need water to work; the alcohol in the gel kills germs that cause colds and the flu.

Remind children to practice healthy habits too, because germs spread, especially at school. The flu has caused high rates of absenteeism among students and staff in our country’s 119,000 schools. Influenza is not the only respiratory infection of concern in schools — nearly 22 million school days are lost each year to the common cold alone. However, when children practice healthy habits, they miss fewer days of school.

For more information, visit [www.cdc.gov/flu](http://www.cdc.gov/flu), or call the CDC Flu Information Line at (800) CDC-INFO.



## Combating Substance Abuse: Marijuana

CW4 TONY UVA  
SA PREVENTION EDUCATION OFFICER

There is a serious drug problem in this country, and marijuana is a much bigger part of the problem than most people realize.

Street terms for marijuana: grass, pot, weed, bud, Mary Jane, dope, indo, hydro.

Marijuana is the most widely used illicit drug in America. Of the nearly 20 million current illicit drug users, 14.6 million (about 75 percent) are using marijuana.

Marijuana is a green, brown or gray mixture of dried, shredded leaves, stems, seeds and flowers of the hemp plant. It is usually smoked as a cigarette (called a joint) or in a pipe or bong. Marijuana is produced in Mexico and smuggled into the U.S. Some high potency marijuana also enters from Canada and Southeast Asia.

One of the myths of marijuana is that it is harmless. Marijuana is far from harmless, first it is illegal; in fact, recent scientific findings about the drug are startling. Last year marijuana was a contributing factor in more than 110,000 emergency room visits, and most of these drug treatments were for people under the age of 25.

Marijuana smoke contains 50 percent to 70 percent more cancer hydrocarbons than tobacco smoke. Using marijuana may cause frequent respiratory infections, impaired memory and learning, increased heart rate, anxiety, panic attacks, tolerance, and physical dependence. The use of marijuana

during the first month of breast-feeding can impair infant development.

In another study, many college students who were heavy smokers had impaired skills related to attention, memory and learning.

Marijuana affects many skills required for safe driving: alertness, the ability to concentrate, coordination and reaction time. These effects can last up to 24 hours after smoking and can be detected for 30 days or more, it also makes it difficult to judge distances and reaction times to signals and road signs.

Marijuana is a gateway drug which is much more powerful today than it was 30 years ago, and so are its mind-altering effects. In fact, one study showed that use of this drug among young people with prior serious antisocial problems quickly lead to dependence.

Surveys show that parents are the biggest influence in their children’s decisions about drug abuse.

Parents must actively engage in educating their children and help them make healthy decisions. Even initiatives at the state and local levels want to make sound decisions that are appropriate for their communities. Also there are well-financed and organized campaigns that have contributed to the misperception that marijuana is harmless or may even have health benefits.

Speaking on health benefits medical marijuana already exists, its call (Marinol). It’s

a pharmaceutical product that is widely available through prescriptions. It comes in the form of a pill and it is found to relieve the nausea and vomiting associated with chemotherapy for cancer patients and to assist with loss of appetite with AIDS patients.

Remember there are no FDA approved medications that are smoked. Smoking is generally a poor way to deliver medicine because you cannot regulate dosages.

Our mission is responsibility, we need to seek and produce policies that will reduce the access and availability of marijuana.

Once everyone knows the facts about the drug, it is important that they work to develop a comprehensive approach for preventing and reducing its use.

Testing helps prevent drug use at critical times in people’s lives. It provides a way to resist peer pressure.

If people can be prevented from using drugs, their chances of experiencing drug problems are greatly diminished. It is also our responsibility as soldiers, airman, employers, colleagues, neighbors, family members and friends to get the user beyond denial into effective treatment and lifelong recovery programs.

The Connecticut National Guard drug and alcohol programs are command directed, and if you feel that you or some other military person has a unique problem, please use your chain of command.





## Sports



# Soldiers lead USA to pentathlon win in Guatemala

TIM HIPPS  
ARNEWS

First Lt. Niul Manske and 2nd Lt. Michelle "Mickey" Kelly finished first and second respectively at the 2005 NORCECA Modern Pentathlon Championships Dec. 3 and 4 in Guatemala City, Guatemala.

Manske led Team USA to victory in the men's division of the five-sport competition between five teams from North and Central American and Caribbean countries. Kelly, who finished runner-up to Cuba's Katie Rodriguez, led the U.S. women to a second-place finish.

Manske trains in the U.S. Army World Class Athlete Program at Fort Carson, Colo. Kelly, who graduated Dec. 6 from Officer Basic Course, is scheduled to enter WCAP in early January.

Manske compiled 5,344 points to nip teammate Sam Saksen (5,340) of Somerset, Pa.

"I was very pleased and surprised how prepared he was mentally and physically, especially with his swimming," said U.S. coach Janusz Peciak, a veteran of eight Olympic teams. "He has the potential, but he's never (before) put all five sports together well. It was a perfect day for him."

Kelly is the U.S. women's reigning national champion in modern pentathlon, a five-sport event that includes pistol shooting, fencing, swimming, equestrian riding and cross-country running. She amassed 5,052 points in Guatemala City and was one of four U.S. women who scored a perfect 1,200 points on the ride.

"When she comes back to Colorado and trains, she'll get a lot stronger," Peciak said.

Despite attending OBC, Kelly still managed to win the women's run. Emily Shertzer (4,888) of Colorado Springs, Colo., and Suzanne Stettinius (4,692) of Parkton, Md., completed the U.S. women's squad.

Air Force Capt. Eli Bremer, the reigning Pan American champion, rounded out the U.S. men's contingent in fourth place with 5,308 points.

*Lt. Michelle "Mickey" Kelly, seen here splashing through a creek en route to winning the cross-country portion of the 2003 U.S. Modern Pentathlon Championships at Colorado Springs, Colo., recently finished second in the women's division of the 2005 NORCECA Modern Pentathlon Championships in Guatemala City, Guatemala. (Photo by Tim Hipps)*

## Air Force returns to Wood Brothers for 2006 Nextel Cup Series

RANDOLPH AIR FORCE BASE, Texas (AFPN) — The Air Force's participation in NASCAR's Nextel Cup Series continues in 2006 as an associate advertiser with the Wood Brothers/JTG Racing No. 21 car.

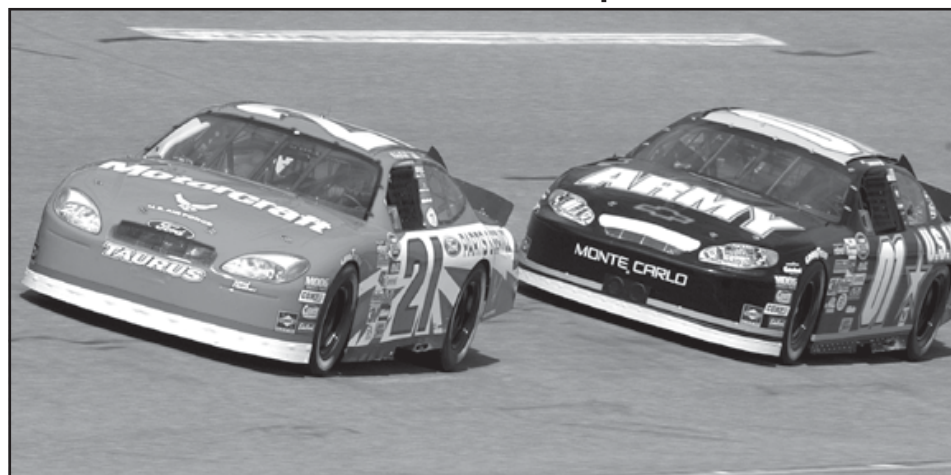
The 2006 race season marks the sixth year the Air Force has been racing with the Wood Brothers racing team.

NASCAR veteran Ken Schrader replaces Ricky Rudd as driver.

"Our participation in NASCAR supports our overall recruiting effort and strengthens awareness of the Air Force among the general public," said Brig. Gen. Dutch Remkes, commander of Air Force Recruiting Service. "With the show car program and the additional races featuring an Air Force blue paint scheme, NASCAR provides us another important forum to reach potential recruits and their families."

For the 2006 season, the Air Force has the use of three No. 21 show cars in the Air Force paint scheme. They will be on display at high schools and technical colleges and available for a number of personal appearances by Mr. Schrader. And the No. 21 car — in Air Force paint scheme — will participate in eight Nextel Cup Series races.

"We're excited about the upcoming season. We were able to double the number from last year of Nextel Cup races featuring the No. 21 car in Air Force blue," Remkes said. "It promises to be an exciting year for Air Force recruiting and Wood Brothers/JTG Racing."



*DAYTONA, Fla. — The driver of the Air Force NASCAR car No. 21, Ricky Rudd, battles the Army's No. 1 driver, Joe Nemecheck, during practice here for the Daytona 500. The race will be held here Feb. 20. (U.S. Air Force photo by Larry McTighe)*



## Retirees' Voice

### Watching the NDAA for retiree benefit improvements

SGT. 1<sup>ST</sup> CLASS (RET.) JOHN BEDNARZ

As of this writing, the House of Representatives has appointed their National Defense Authorization conference committee to resolve the differences in the House and Senate versions of the NDAA for fiscal 2006. By the time this is published it will most likely be law. I hope that some of the important issues have been agreed to and the news is good.

The Department of Defense (DoD) reportedly expects to have a plan to implement the Base Realignment and Closure recommendations early this year. It is the largest, most joint-service-oriented plan that DoD has ever attempted. All of the services are planning important mission changes and implementation plans need to take into consideration the people, including DoD civilians and communities who are both losing an installation or those gaining one. For those who travel around the country and take advantage of the amenities these facilities offer, they need to keep an eye on the over 240 implementation plans that will be coming up.

Representative Steve Buyer, the House Veteran's Affairs Committee Chairman, (R-

IN) has decided to no longer meet for bicameral (Joint House and Senate) hearings in the spring where veteran's groups could express their priorities and concerns for the year. The meetings were an annual spring tradition for 55 years.

Senator Larry Craig (R-ID) who is the Senate Veteran's Affairs Committee Chairman will continue to hold hearings throughout the year as veteran's organizations hold conventions or other meetings in the Washington, D. C. area. Rep. Buyer said he intends to schedule two days of testimony early in the year where Veteran's and Military groups will have an opportunity to talk about budget priorities. I think the separate meetings, with separate groups, at different times, trivialize the concerns of veteran's and military organizations. Hopefully Rep. Buyer will reconsider.

I wish everyone a Happy New Year and hope to see you all during the upcoming year. Perhaps at the retiree get-together in Florida the first weekend in March, or at the annual National Guard Association (NGA) conference in March, or at a send-off or welcome home of the troops.

### Connecticut National Guard Foundation Inc

The Connecticut National Guard Foundation Inc announces its 2006 scholarship program. This year the foundation will award a total of four scholarships.

1. A single \$3000.00 scholarship honoring SGT Felix Delgreco Jr. will be awarded to a son or daughter of a member of the Connecticut ARMY National Guard.
2. Three \$2000.00 scholarships will be awarded to Connecticut National Guard and Organized Militia members or their sons, daughters, or spouses.

Application forms may be found on the Foundations web site at: [www.ctngfoundation.org](http://www.ctngfoundation.org)

Additional Information:

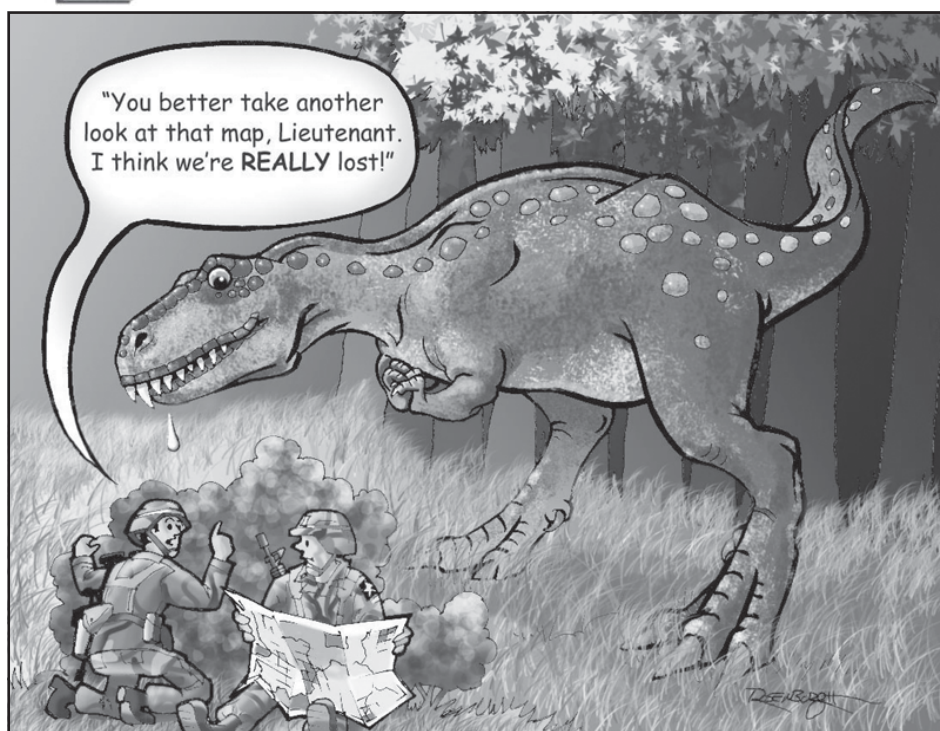
1. Complete application packets must be postmarked no later than **15 May 2006**
2. The selection committee will choose students based on achievement and citizenship
3. You must be enrolled in, or planning to enroll in a regionally or nationally accredited degree or technical program
4. Mail application form and completed package to:

CTNG Foundation Inc.  
Attn: Scholarship Committee  
360 Broad Street, Hartford Armory  
Hartford, CT 06015

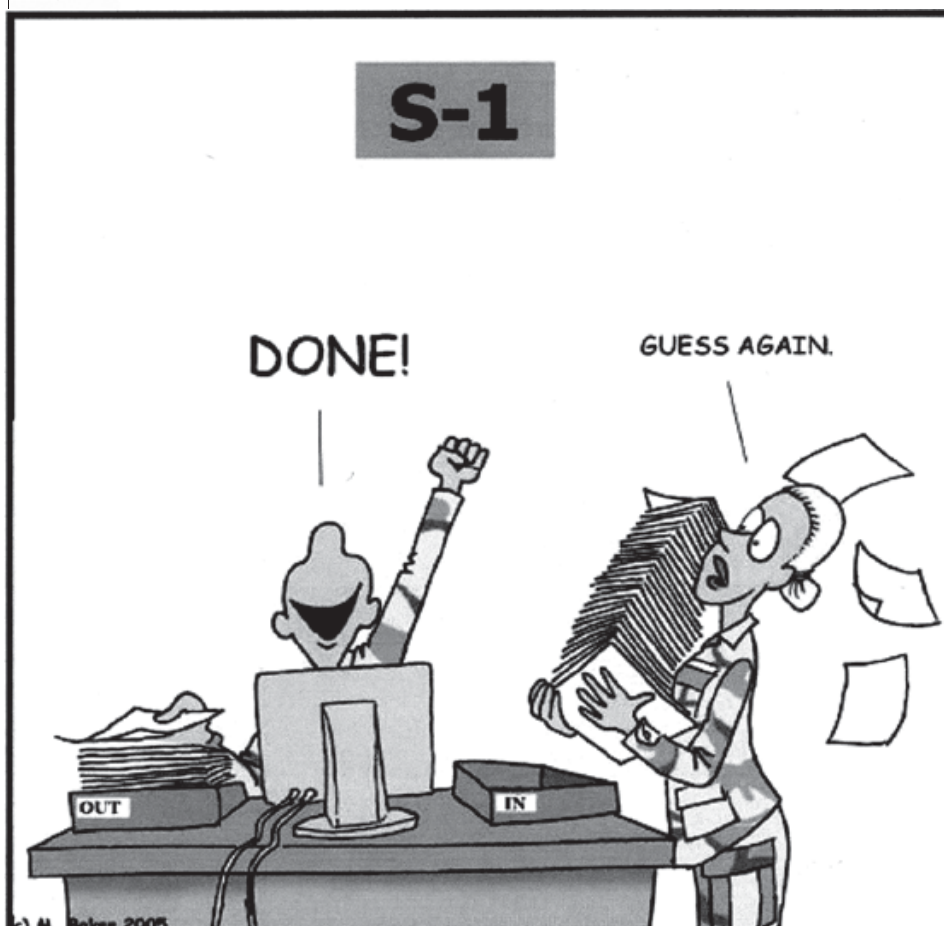
5. Please contact the foundation at (860) 241 1550 or e-mail [ctngfi@sbcglobal.net](mailto:ctngfi@sbcglobal.net) for further details.

## 2nd Louie

By Bob Rosenburgh



## S-1





# Connecticut National Guard Fulltime Employment Opportunities

The following are Connecticut Army and Air National Guard Technician openings. For a copy of the full Technician vacancy announcements, go to [www.ct.ngb.army.mil](http://www.ct.ngb.army.mil) and click on employment opportunities.

## Army National Guard Technician Vacancies

Position Title	Unit	Pay Grade	Closing Date
Materials Examiner and Identifier (Indef)	AVCRAD	WG-07	Jan. 11, 2006
Automotive Worker	FMS 5	WG-09	Jan. 17, 2006
Heavy Mobile Equipment Repairer	FMS 10	WG-09	Jan. 19, 2006
Aircraft Mechanic (2 Positions)	AASF	WG-12	Feb. 6, 2006

## Air National Guard Technician Vacancies

Position Title	Unit	Pay Grade	Closing Date
Electronic Integrated Systems Mech Spvsr	103rd FW	WS-12	Jan. 25, 2006
Staff Accountant	103rd FW	GS-11	Feb. 8, 2006
Sheet Metal Mechanic (Aircraft)	103rd FW	WG-10	Feb. 8, 2006

Listed below are current openings in the Connecticut National Guard AGR program. For a copy of the Military Tour Vacancy Announcement, go the [www.ct.ngb.army.mil](http://www.ct.ngb.army.mil) and click on employment opportunities.

## Army National Guard AGR Vacancies

Position Title	Unit	Rank	Area of Consideration
Production Recruiter	Recruiting CMD	SFC/E-7	Open AGR Nationwide
Unit Supply Sergeant	143rd ASG	E-4 to E-6	Open AGR Nationwide
Personnel Service Sgt. (2 Positions)	JFHQ-CT (SIDPERS)	E-3 to E-5	Open AGR Nationwide
S-1	1/169th Avn. Bn.	2LT-CPT	Open AGR Nationwide
Maint. Test Pilot (CH-47D)	G/126th Avn.	W-1 to W-4	Open AGR Statewide

## Air National Guard AGR Vacancies

Position Title	Unit	Rank	Area of Consideration
Sheet Metal Mechanic (Aircraft)	103rd FW	E-2 to E-6	On Board AGR Only
Military Pay Technician	103rd FW	E-6 or below	On Board AGR Only
Accounting Technician	103rd FW	E-6 or below	On Board AGR Only
Security Forces Journeyman	103rd MSG	E-5	Open AGR Nationwide

NOTE: Other positions with outdated closing dates are also listed on the website. Some of these positions are currently under consideration, and others may have their application dates extended. Keep checking the website and if you have any questions concerning outdated postings, call HRO at (860) 878-6739 or (860) 878-6729.

For Bradley Airbase BRAC Information, visit the  
NGACT Website at

[www.NGACT.com](http://www.NGACT.com)

or for full BRAC Information, visit

[www.brac.gov](http://www.brac.gov)

# Coming Events

## January

### January 1

New Year's Day

### January 7

102nd Infantry Send-Off Ceremony

### January 11

NGACT Executive Board Meeting

### January 16

Martin Luther King, Jr. Day

### January 21

143rd ASG Freedom Salute

### January 22

143rd ASG Change of Command

## February

### February 3

Black History Month Celebration

### February 8

NGACT Executive Board Meeting

### February 12

Lincoln's Birthday

### February 14

Valentine's Day

### February 20

Presidents Day

## March

### March 5-8

EANGUS Legislative Workshop

### March 8

NGACT Executive Board Meeting

### March 17

St. Patrick's Day

### March 24

EANGUS Area 1 Caucus

### March 25

NGACT Annual Conference & Awards Banquet

# In future issues

Football Program leads to Conference Title

Connecticut Guardsman Becomes Senior  
Enlisted Advisor for Reserve Affairs in Iraq

Black History Month Celebration

102nd Infantry Deploys

Deadline for submissions is the 15th of the month  
previous to publication.



# 103rd Fighter Wing flies through inspection

2ND LT. JEFFERSON S. HEILAND  
DEPUTY PUBLIC AFFAIRS OFFICER, 103RD FW

Members of the 103rd Fighter Wing participated in a Unit Compliance Inspection (UCI) at Bradley Air National Guard Base Nov.17-21. Airmen grabbed the opportunity to prove their abilities and achieved a combined compliance rating of 98 percent.

A UCI is normally required for Air National Guard units every five years to measure their effectiveness and capability to perform their missions.

It focuses on work centers' adherence to strict federal and military standards for recordkeeping and documentation.

A team of inspectors from the Air Combat Command Inspector General Headquarters, Langley AFB, Va., evaluated the wing in 614 compliance areas.

Many of the inspectors were also involved with the 103rd's Operational Readiness Inspection (ORI) in April, and were particularly impressed with what was described by the team chief, Col. Dave Russell, as great strides in improvement since then.

He described the wing as "truly world class," attributing its success to

teamwork, as well as the exceptional efforts of select individuals.

"During this UCI, we noticed a strong sense of pride, teamwork, and total focus on mission execution that directly enhanced your performance on this inspection," said Russell, team chief, Air Combat Command and Inspector General Headquarters.

In scrutinizing each base work section, the inspectors identified eight teams and 46 individuals as superior performers.

Russell personally recognized several stand-out performers in front of their peers and presented commemorative coins to mark the acknowledgement.

Staff Sgt. Christina S. Santana, training assistant and mortuary NCOIC, 103rd Services Squadron, "came up with a really innovative, neat, unique, kind of filing system that actually works and it really impressed my inspectors," he said.

"My boss, who's a general-select, does allow me to give you one of his brand new coins that only he has touched ... so directly from him to you, thanks a lot for your outstanding work, we really do appreciate it," Russell told Santana in a brief ceremony appropriately conducted in the dining facility.

Santana transferred much of the credit to the rest of her team.

"I couldn't have done it without their help," she said. She also offered some advice to other Guardsmen.

"I learned from the UCI experience that you really want to find out what the requirements of your job are so that you can stay up-to-date and have your ducks in a row ahead of time. Then when the next inspection comes along, you will already be prepared," Santana said.

Significant improvements since the ORI were also singled out in the life support section, where each member received a coin.

The inspection team had noted that the section faced an uphill climb. Its crew of just three performs work comparable to an active duty crew of 10 to 15 members.

Since assuming his current position in late August, Master Sgt. Steve L. Seaha, aircrew life support superintendent, 118th Fighter Squadron, said he was able to "upgrade the program to such a significant level, that (Russell) said it was one of the best life support sections that he's seen in the Air Force."

While appreciating the recognition, Seaha listed several areas where he still wants to improve. "We hope to get lockers for all the (flight) gear.

There's going to be aircrew displays on corkboards. We want to upgrade our training rooms ... there's still much to do ... we're going to continue to climb," he said.

The aircraft maintenance section also received accolades for improvement.

"An inspector said, 'When I walked into the room, the hairs stood up on my neck, because of the night-and-day type difference,'" said Master Sgt. Kevin A. Massey, B-flight chief, 103rd Aircraft Maintenance Squadron. "Not that it was horrible before, but because it was such an improvement over what they had seen before.

"We've had help along the way. We've had interaction with other units, with the inspectors ... everyone has pitched in to get us in line with where we need to be. It's been a total team effort," Massey said.

The wing commander expressed pride and satisfaction with his people's performance.

"Overall, we did very well. The team chief said that we were well to the right on the bell curve. It's hard to express how proud I am of how well everyone has done," said Col. Dan Peabody. "I want to stress the importance of maintaining focus in our continuing efforts as we go forward from here."



Staff Sgt. Christina S. Santana, training assistant and mortuary NCOIC, 103rd Services Squadron, receives congratulations from Col. Dave Russell, team chief, Air Combat Command Inspector General Headquarters. Santana earned the honor as a superior performer during the Unit Compliance Inspection on base Nov. 17-21. (U.S. Air Force photo by 2nd Lt. Jefferson S. Heiland)



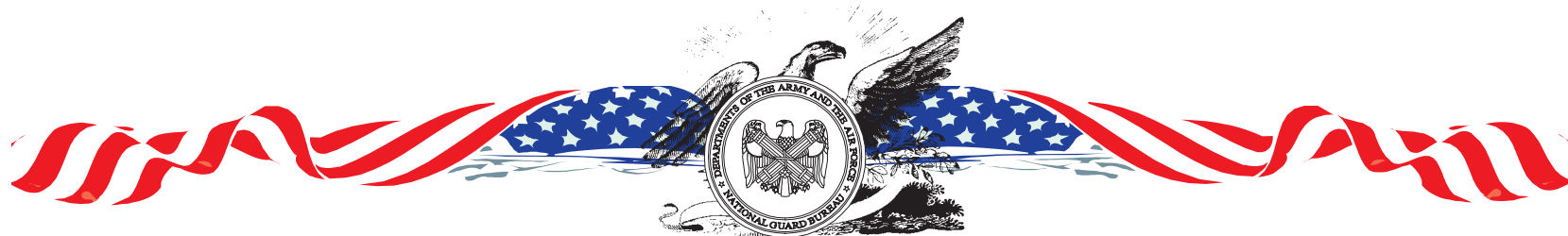
Tech. Sgt. Larry J. Ouellette, Tech. Sgt. Dana R. Babcock, and Master Sgt. Steve L. Seaha of the aircrew life support section, 118th Fighter Squadron, display their Inspector General coins received for superior performance during the 103rd Fighter Wing's Unit Compliance Inspection here Nov. 17-21. It was the first time that the inspection team issued coins to an entire shop. (U.S. Air Force photo by 2nd Lt. Jefferson S. Heiland)

Inside: The Year in Review  
Army Transformation  
Employment Opportunities

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# Family Deployment Supplement to the Connecticut Guardian

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## Families gather to bond, celebrate holidays together

PFC. JOSHUA C. JOHNSON  
65<sup>TH</sup> PRESS CAMP

Members of the Connecticut National Guard and their families gathered to celebrate at the third annual Operation Elf Holiday Reception at Maneeley's Banquet Facility in South Windsor Dec. 18, 2005.

Maj. Gen. Thaddeus J. Martin, Adjutant General, read "'Twas The Night Before Christmas" with volunteer Stephanie Vasile, daughter of Barbara and Lt. Col. Michael Vasile. The reading is a part of the program's annual tradition.

"'Twas the night before Christmas, when all through the house not a creature was stirring, not even a..."

"Mouse!" shouted the children surrounding Martin.

"The program was started in 2003 by then Lt. Gov. M. Jodi Rell in response to the large deployments that year," said Kim Hoffman, Director of Family Services for the CTNG.

The facility and breakfast are donated each year by the owner, Bruce Maneeley, since the program began, said Hoffman.

"We started it when we realized (Connecticut) had to support not only its servicemembers, but their families and their children as well," said Gov. Rell. It's the little things that help, said the governor, the practical things, but most importantly it's

the kids that matter. "We wanted to make sure the kids had enough toys," she said.

The thousands of toys donated this year were gathered from Nov. 15 to Dec. 16, said Hoffman. Each child at the reception received a bundle of four toys as well as three stuffed animals, she said. This is just the first phase of Operation Elf.

"Operation Santa Express begins Dec. 19, in which we deliver toys to the families who couldn't make it," said Hoffman.

"It's wonderful," said Sgt. Major Kent Carlson, Recruiting and Retention Command, who was convincingly disguised as Santa Claus. "I love it," he said. "I'm a big kid. I used to do this at my neighbors' and relatives' houses. I like to bring a little joy to the kids. The more, the merrier."

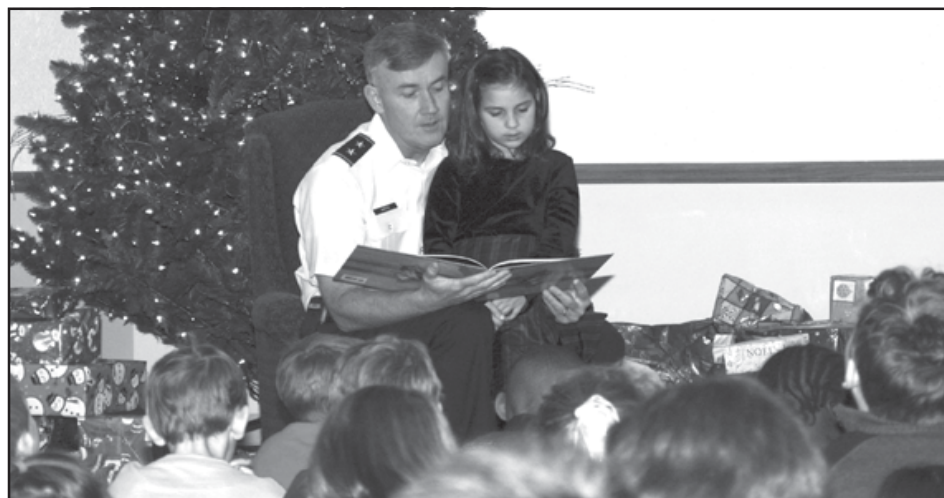
When asked what he wanted for Christmas, Carlson said, "I want all of our troops to come home safe."

"Ho, ho, ho!" said Santa Claus, as he entered the hall, welcomed with applause.

"I want a doll," said four-year-old Aislyn Hedenberg, the daughter of Maj. Ralph Hedenberg, who recently returned from deployment with the 143 Area Support Group. "What kind of doll?" asked Santa Claus. "A Barbie Doll," she answered carrying her bundle of toys three staggering



Santa, aka Sgt. Maj. Kent Carlson, cradles a young family member of a Connecticut Guardsman. (Photo by Spc. Jordan E. Werme, 65th PCH)



Maj. Gen. Thad Martin, adjutant general, gets some help reading "'Twas the Night Before Christmas" from Stephanie Vasile. (Photo by Spc. Jordan E. Werme, 65th PCH)

steps into the arms of her mother, Laura Hedenberg.

Other families attended the reception in support of a loved-one presently deployed. Kim Appleyard, whose husband, Master Sgt. Daniel Appleyard, is presently deployed with Company G 126<sup>th</sup> Aviation, attended the reception with her two sons, Brian and Michael.

"I want my dad for Christmas, but since I can't have my dad, I want a video game," said Brian. "He emails us daily and calls every seven to 10 days," said Kim.

"Thanksgiving was the hardest," said Brian. "I tried to take over my dad's job at the table. I feel down in the dumps when I think of him. I lose my happy side."

"We call them 'miss daddy moments' and we hug when we have them," said Kim.

"It's just nice getting together with the families of other soldiers who are deployed and supporting each other," said Kim.

"We want to let you know we care and how often we think of you," said Rell. "Happy holidays and may we all have a happy, healthy 2006."





CATHERINE GALASSO

## Persistence helps us get second chances

There is something so wonderful about being given a second chance, an opportunity to start again, to begin fresh and anew with a clean slate. An exciting new adventure to try to tackle once more, an occasion to achieve a dream left behind or a instance to mend a wrongdoing.

The Lord, in all of His mercy and goodness, always grants to us the grace to try again. A second chance to conquer and win, with all the wisdom learned from past experiences. What would you do over again? How would you change your life? This is a time of new beginnings. Now is the second chance to heal broken relationships, to start fresh with love, determination and prayer.

Let's find confidence within our hearts and let it guide us to strive for our innermost and beautiful dreams and goals. Scripture tells us, "He did it with all his heart, and prospered." 2 Chronicles 31:21.

What we set our heart upon surely will be ours. Henry David Thoreau wrote, "I learned this, at least, by my experiment: that if one advances confidently in the direction of his or her dreams, and endeavors to live the life which they have imagined, they will meet with a success unexpected in common hours."

Persistence is a great word. Nothing in the world can ever take the place of persistence. If we keep on going, keep on trying, again and again, chances are we will meet success.

The journey of a thousand miles begins with one single step. So, little by little and inch by inch, closer to our goal we will be... as long as we don't give up! Like a reader who wrote, "At the age of 43, I am pursuing my life-long dream of becoming a physical therapist."

Build on faith rather than doubt. See the endless possibilities that are ahead. There is no limit on what we can accomplish, no ambition too large and no dream too far. It all starts with the right attitude.

Nothing can stop the person from achieving his or her true desire if they begin with, and continue to keep a positive

frame of mind. Spotlight the countless blessings in your life, your accomplishments, joys and successes. Keep an affirmative outlook and think on that which is good, and lovely, that which builds you up and encourages your heart and soul.

We are each worthy of great things. So let's make the most of our exceptional gifts.

We must pray for the Lord's will in all of our endeavors. In all ways, acknowledge Him and He will direct us toward success. "In his heart a man plans his course, but the Lord determines his steps." Proverbs 16:9.

Leave the past behind. A reader suggests, "You can't change history, so learn from the events of the past and then move on." We can't do anything about what transpired long-ago. Forgive people who have offended you. Pardon the employer who did you wrong. Excuse the friend who was disloyal. Certainly, these adversities we have faced are legitimate reasons for feeling as we do, but if we want to live triumphantly we must let go of what's gone, and move forward to a wonderful new life. Our past does not have to dictate our bright future. If we spend our precious time fretting about what might have been or what could happen, we can lose the joy and wonder that only this day can bring. Don't worry—God's grace is new each morning.

Dear Soldiers, we all have been given a second chance: 2006 holds for us a new and exciting chapter in our lives. Write down, today, a detailed list of your own special hopes, plans and dreams for the future. Aim high, for the aim, if reached this year or next, makes life great.

With unflinching steadiness, march on your path believing that you have a loving Father who will be your guide, your helper. And He is the Giver of all that is good and beneficial for your life.

When you turn to Him, make Him your partner, and He will pour new life into your being. All things will become fresh and new, and you will succeed.

*Write to Catherine Galasso-Vigorito, nationally syndicated columnist and author of "A New You, Words to Soothe the Body, Mind and Spirit," in care of Connecticut Guardian, 360 Broad Street, Hartford, CT 06105-3795 or e-mail her at [anewyou@snet.net](mailto:anewyou@snet.net) © Catherine Galasso, 2006*

## Spouse survey to help shape future family programs

DONNA MILES  
AMERICAN FORCES PRESS SERVICE

WASHINGTON (AFP) — Defense officials want to make sure military spouses know it's important for them to complete the 30-minute online survey they received in the mail last month.

The new Defense Department survey asks their views as defense planners shape family programs to meet their needs and interests, a top Pentagon family policy official said today.

Nearly 74,000 military spouses have been asked to participate in two new surveys, one directed at active-duty families and one for National Guard and Reserve families, said John Molino, deputy undersecretary for military and family policy.

The survey group was selected at random to provide a cross section of all military families, Molino said. The survey period runs through late January.

The survey responses are confidential, he said. Responses will be instrumental in determining how DOD directs its resources to family programs in the future, he said. "Participation in this survey will directly influence policy," he said. "So it is very important that the people who have been contacted and invited to participate" respond. This, Molino said, will give the department a full cross section of responses to using in tailoring its family programs.

"There is always competition for limited resources, (so) we want to make sure we spend our money smartly in the future," he said. "And the survey is an opportunity for military spouses ... to be sitting around the table with us, to be giving us their input so that we can make smart decisions on how to spend these monies and these resources in the future.

"We can't really do it smart without them," Molino said.

The last spouse survey in 1999

underscored the need for more and better child-care facilities, particularly on bases, and interest in enhanced education benefits, he said. Officials have worked to introduce improvements in both areas, he said. Molino said he's hoping spouses asked to participate in the 2005 survey will weigh in with their views to help identify gaps and direct programs to fill them, particularly in light of changes in the military since the last survey.

The new survey, for example, will focus more on deployment issues and challenges they present families, he said.

"The world has changed since 1999. A lot has changed within the military and a lot has changed in the nature of the military (and) the makeup of the military family," Molino said.

"So we think it is time, as we look ahead, that we ask today's military families what's important to them (and) what's relevant to (them), so we can better plan and better spend the resources that we will spend in the future" on programs to meet their needs, he said.

Family programs have become increasingly important within the military, Molino said. More than half of today's servicemembers are married.

Making sure families have strong programs and services boosts readiness, because rather than wondering if their families are being taken care of it frees servicemembers to focus on the mission, Molino said.

But family programs are a big factor in retention, too, because families satisfied with military life are far less likely leave the military, he said.

"Families are a key," Molino said. "The decision to join the military may be an individual decision, but the decision to stay in the military is a family decision."

Visit the  
**Connecticut Guardian**  
on-line at

[www.ct.ngb.army.mil](http://www.ct.ngb.army.mil)



# HANDYPERSON HOTLINE




**'CARRYING THE HOMEFRONT'**

**SERGEANT MAJOR  
TOBY P. CORMIER**  
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Cell: 860-209-0770  
[toby.cormier@ct.ngb.army.mil](mailto:toby.cormier@ct.ngb.army.mil)





The National Guard Bureau announces a unique opportunity for the youth of America. Students who will be high school juniors or seniors by August 2006 are eligible to participate in the National Guard's Youth Rendezvous essay contest. Ten students from each state and territory will be involved in this once-in-a-lifetime experience, and earn an all-expenses-paid trip to North Dakota August 13-18, 2006.

"Throughout its involvement in the Lewis and Clark Bicentennial Commemoration, the National Guard has emphasized the educational applications of this extraordinary

American adventure. To culminate its involvement in the Bicentennial, the National Guard is sponsoring this Lewis and Clark Youth Rendezvous. By way of an essay contest, our nation's high school junior and seniors will be afforded the opportunity to compete for one of the 540 spots in this immersion into history. The Lewis and Clark Expedition will come alive through a week-long series of events and activities in the Bismarck, North Dakota area," said Steven L. Stearns, Lewis and Clark Bicentennial Commemoration project officer.

Students need to write a Lewis and Clark focused-essay in order to be a state finalist. Through multiple activities and events, selected students will follow the Lewis and Clark trail, experience American Indian culture of yesterday and discover military history firsthand.

The Lewis and Clark-focused essay needs to address the following question: "In your opinion, what military value most describes the Lewis and Clark Corps of Discovery journey and why?" (Military values are outlined on the website below.) The essay must be a minimum of 1,000

words, but not more than 1,500 words; and can be submitted online or by mail and must be received between Nov. 12, 2005, and midnight Feb. 28, 2006.

The hands-on activities and events will take place throughout western North Dakota. The adventure will showcase daily activities of the original Lewis and Clark expedition that will create a unique educational opportunity.

To submit an essay or learn more about planned events, activities and essay contest rules, go to [www.lcyouthrendezvous.com](http://www.lcyouthrendezvous.com).

## Connecticut National Guard Foundation Inc

The Connecticut National Guard Foundation Inc announces its 2006 scholarship program. This year the foundation will award a total of four scholarships.

1. A single \$3000.00 scholarship honoring SGT Felix Delgreco Jr. will be awarded to a son or daughter of a member of the Connecticut ARMY National Guard.
2. Three \$2000.00 scholarships will be awarded to Connecticut National Guard and Organized Militia members or their sons, daughters, or spouses.

Application forms may be found on the Foundations web site at: [www.ctngfoundation.org](http://www.ctngfoundation.org)

Additional Information:

1. Complete application packets must be postmarked no later than **15 May 2006**
2. The selection committee will choose students based on achievement and citizenship
3. You must be enrolled in, or planning to enroll in a regionally or nationally accredited degree or technical program
4. Mail application form and completed package to:

CTNG Foundation Inc.  
Attn: Scholarship Committee  
360 Broad Street, Hartford Armory  
Hartford, CT 06015

5. Please contact the foundation at (860) 241 1550 or e-mail [ctngfi@sbcglobal.net](mailto:ctngfi@sbcglobal.net) for further details.

## MOAA'S Scholarship offers \$1000 grants

The Military Officers Association of America (MOAA), officially opens its 2006 "Base/Post Scholarship" program in mid-November, and will be offering individual \$1000 grants to 25 dependents of active duty personnel worldwide.

To be eligible, a student must be under age 24, working on a first undergraduate degree, and a dependent child of an active duty service person-enlisted, warrant officer, or officer-in the United States Army, Navy, Air Force, Marines, Coast Guard, Public Health Service, or National Oceanic and Atmospheric Administration. This includes members of the drilling Reserves and National Guard.

Grant recipients will be randomly selected from among applicants within each of the seven services. No GPA, SAT nor essays will be needed for the Base/Post application. MOAA membership is not a requirement.

The application will be available in mid-November on the MOAA website: <http://www.moaa.org/Education>. Click on "New Students." Follow the easy instructions for the multipurpose Scholarship Application. Deadline for submission is noon EST March 1, 2006.

Semi-finalists will be notified by email and the self-check on the website by mid-March. Winners will be notified in May.

MOAA is the nation's largest military organization for active duty, Guard, Reserve, and retired officers and their surviving spouses, with nearly 380,000 members. Membership is open to active duty officers and warrant officers, Reserves and National Guard, plus former or retired officers and warrant officers, and surviving spouses.





# Family Assistance Center locations

Family Assistance Centers are set-up in the following armories around the state:

Waterbury Armory  
64 Field Street, Waterbury, CT 06702  
(203) 574-2406 Toll Free 866-347-2291  
Staff Sgt. Jonathan Duffy

Manchester Armory & AVCRAD  
330 Main Street, Manchester, CT 06040  
(860) 646-0780 Toll Free 866-347-2286 Capt. Lauri Tinelle

103rd FW, Bradley ANG Base  
Bldg 8, East Granby, CT 06026  
(860) 292-2730 Mrs. Donna Rivera

Hartford Armory  
360 Broad Street, Hartford, CT 06105-3795  
1-800-858-2677  
Mrs. Kim Hoffman, Mrs. Michelle McCarty, Mrs. Karen Somes,  
2LT Claude Hibbert, Mrs. Trudy Kaufman and Sgt. Jessica McKenna

Norwich Armory  
38 Stott Avenue, Norwich, CT 06360  
(860) 823-1342 Ext. 12 Toll Free 866-347-3357  
Mrs. Andrea Lathrop

103rd Air Control Squadron  
206 Boston Post Road, Orange, CT 06477  
(203) 795-2983 Charlie and Jane Solomon

Newington VA Center  
555 Willard Ave., Bldg. 1, 4th Floor, Newington, CT 06111  
(860) 878-6745 Ms. Melissa Tetro & Sgt. Tamara Jex

Windsor Locks  
Bldg. P123, Camp Hartell, Windsor Locks, CT 06096  
(860) 386-4027 Mrs. Rita O'Donnell

Volunteers are needed in each facility.

Those wishing to help out can contact Mrs. Kim Hoffman, Family Program Manager at 1-800-858-2677. Any family member or loved one of a deployed soldier who has questions about benefits or deployment issues may also get answers to their question at the following email address:  
kim.hoffman@ct.ngb.army.mil  
Please visit our Website at [www.ct.ngb.army.mil/family](http://www.ct.ngb.army.mil/family)

## Kids Creative Corner

# Happy New Year

### What are your New Year's Resolutions?

Write your resolutions here, cut this section out and keep it with you so you'll remember what your resolutions are. Don't forget to check them off as you complete them.

## Word Scramble

Unscramble the letters to form a word. Each word is related to the New Year. Good Luck!

NLITOSOLUERS

SETIARP

FRWRSIEOK

DSINFER

PTO HTAS

NRHOS

Kid's Creative Corner is now being constructed by Pfc Tammy Foular of the Connecticut National Guard Public Affairs Office. Email suggestions or comments to: [tammy.m.foular@us.army.mil](mailto:tammy.m.foular@us.army.mil)

Answers: RESOLUTIONS, PARTIES, FIREWORKS, FRIENDS, TOP HATS, HORNS